

Iste Hendek

Origin: Turkey

Record:

Formation: Dancers in short lines, hands joined in "V" pos, shoulder to shoulder.

Source: Bora Özkök

Note:

Style: Body is very erect and the steps are short and sharp.

Meter: 2/4

No Introduction

Part 1: Basic

Meas.

- 1 Facing diag. LOD, step fwd on R ft
- 2 Step fwd on L ft
- 3 Step fwd on R ft, pivoting to face center.
- 4 Bring L leg up behind R knee and bend backward from waist.
- 5 Straightening body, step back on L ft
- 6 Close R ft to L ft sharing wt.
- 7 Deep flex of both knees.
- 8 Straighten knees and bounce on both heels twice.

Part 2: Hops

- 1 Facing diag. LOD, step fwd on R ft
- 2 Step fwd on L ft
- 3 Hop on L ft twice turning to face center then step on R ft.
- 4-8 Same as Meas. 4-8 of Part 1.

Part 3: Chug

- 1 Facing diag. LOD, step fwd on R ft
- 2 Step fwd on L ft
- 3 Pivoting to face center, step on R ft across in front of L ft.
- 4 Leaning fwd slightly, chug bkwd on R ft.
- 5-8 Same as Meas. 5-8 of Part 1.

Part 4: Hop and Chug

- 1 Facing diag. LOD, step fwd on R ft
- 2 Step fwd on L ft
- 3 Pivoting to face center, hop on L ft twice.
- 4 Step on R ft across in front of L ft (ct. 1)
Leaning fwd slightly, chug bkwd on R ft (ct. 2)
- 5-8 Same as Meas. 5-8 of Part 1.