

Militsa

Origin: Pontic, Greek

Record:

Formation: Mixed open circle. Hands held at V-position.

Source: Michael Ginsburg

Note:

Style:

Meter: 4/4

No Introduction

Meas.	Movements
1	Facing in LOD, step R forward (1), small bounce on R (&), step L forward (2), repeat 1,&,2 (3,&,4)
2	Step R to R while turning to face L of center and touch L heel to L, raising arms to W position (1), hold (2), touch ball of L foot towards center while pushing hands forward until arms are parallel to floor, body faces center (3), hold
3	Touch L heel to left, raising arms to W position (1), hold (2), take running step toward center onto L and bring arms parallel to floor again (3), take running step back to place onto R and raise arms to W position (4)
4	Repeat action of beats 3,4 of meas. 3 (1,2), take three running steps in place LRL (3,&,4)

Begin pattern again lowering arms on beat 1 of meas. 1.