

Sadilo Mome

Origin: Macedonia

Record: Folkraft LP-25

Formation: Lines with hands in "V" position

Source: Atanas Kolarovski.

Note:

Meter: 7/16 counted s,q,q

Meas.

- 1 Moving R, hop on L ft (ct. 1)
Step fwd on R ft (ct. 2)
Step fwd on L ft (ct. 3)
- 2 Repeat meas. 1
- 3 Step fwd on R ft (ct. 1)
Step fwd on L ft (ct. 2)
Step fwd on R ft (ct. 3)
- 4 Repeat meas. 3 with opposite ftwk.
- 5 A long low step fwd on R ft bending Knee (ct. 1)
Pivot on R ft to face ctr. (ct. 2)
Pause (ct.3)
- 6 A long low step fwd toward ctr on L ft (ct. 1)
Close R ft to L without touching floor (cts. 2-3)
- 7 Step bkwd on R ft (ct. 1)
Close and touch L ft just in front of R toe (cts. 2-3)
- 8 Hop sideward L on R ft (cts. 1); step L on L ft (ct. &)
Step on R ft behind L ft (cts. 2-3)
- 9 Repeat meas. 8
- 10 Step on L ft to L (ct. 1)
Hop on L ft raising R knee slightly (cts. 2-3)
- 11 Leap onto R ft in place bending and raising L knee (ct. 1)
Pause (cts. 2-3)
- 12 Step on L ft in place (ct. 1); step on R ft in place (ct. &)
Step on L ft in place (ct. 2)
Pause (ct. 3)