

Jack
(Tee)
good look

X
ADANA

- Type: Skopje region of Macedonia
Formation: "T" pos. R ft free.
Record: Folkraft LP-25, Sid B, Band 4 (3:38) Music 4/4
Measures
1 Facing slightly and moving R, step fwd on R ft, bending L knee to raise L ft across in front of R (cts 1,2) and repeat, reversing ftwk, (cts 3,4).
2 Turning to face ctr, step sdwd R on R ft, bending L knee to raise L ft across in front of R (cts 1,2). Flex R knee twice, (cts 3-and-4-and).
3 Repeat pattern of meas 2 reversing direction and ftwk.
4-5 Repeat pattern of meas 2 3.
6 Figure 2. Kneel (Music 1/2 BB, A)
Facing slightly and moving R, step fwd on R ft, kneeling on L knee (cts 1,2) continuing, step fwd on L ft, kneeling on R ft (cts 3,4).
7 Turning to face ctr, a slight leap on R ft, kneeling on L knee, (cts 1,2) with weight on R ft, rise slightly and put L ft in crook of R knee (ct 3). Straightening R knee, bend L knee to raise L ft across in front of R (ct 4).
8-10 As I above, meas 3-5.
Figure 3. Fast (Music A, BB, AA)
11 Facing slightly and moving R, 2 hop-step (L,R) fwd (cts 1,2,3,4).
12 Turning to face ctr, hop on L ft (ct 1). 3 leaps (R,L,R) in place, (cts 2-4).
13 Repeat pattern of meas 12 reversing ftwk.
14-15 Repeat pattern of meas 12-13.
16 Repeat pattern of meas 11.
17 Turning to face ctr, hop on L ft (ct 1), step sdwd R on R ft, bending L knee to raise L ft across in front of R (ct 2)=music slows down here. Flex R knee twice (cts 3-and-4-and).
18-20 As fig I above, meas 3-5.