

4/4

A.

1. Facing R.L.O.D., arms bent at elbows & travelling C.C.W., Step R (ct 1) Touch L beside R (ct 2) Step L (ct 3) Step R (st 4)
2. Touch L beside R (ct 1) Step L (ct 2) Step R (ct 3) Lift L leg (ct 4) facing centre
3. Facing centre Step L beside R (ct 1) Lift R (ct 2) Step R beside L (ct 3) Step L fwd on pli  Turn L shoulder to centre (ct 4)
4. Step R (ct 1) Step L behind R (ct+) Step R (ct 2) Repeat cts 1 & 2 with opp. ftwk (cts 3,4) (During meas 4, turn to your right to face out of circle & join hands again)
5. Facing out of circle R.L.O.D. Step R to R (ct 1) Step L across R (ct 2) Step R to R (ct 3) Step L behind R (ct 4)
6. Step R to R (ct 1) Step L across R (ct 2) Step R to R (ct 3) Kick L front (ct 4)
7. Step L to L (ct 1) Kick R front (ct 2) Step R fwd (ct 3) Step L beside R (ct+) Step R fwd (ct 4)
8. Step L on heel (ct 1) Step R (ct+) Step L on heel (ct 2) Step R (ct+) Step L on heel (ct 3) Step R with stamp (ct+) Step L with stamp (ct 4) (During meas 8, turn to your left to face into circle & join hands)

B. (faster)

1. On the spot, facing centre of circle Step R across L (ct 1) Step L on the spot (ct 2) Step R beside L (ct 3) Step L on the spot (ct 4)
2. Travelling fwd Step R across L & turn body to L (ct 1) Hop on R (ct 2) Repeat cts 1 & 2 with opp. ftwk (cts 3,4)
3. Step R (ct 1) Stamp L beside R, no body weight (ct 2) Facing L, step diag. out on L (ct 3) Step R beside L (ct 4)
4. Step L diag. out (ct 1) Hop on L facing centre (ct 2) Step R to R (ct 3) Step L behind R (ct 4)
5. Step R to R (ct 1) Hop on R (ct 2) travelling C.W. Step L to L (ct 3) Step R behind L (ct 4)
6. Repeat meas 5, cts 3 & 4 2 X (cts 1,2,3,4)
7. Step L (ct 1) Stamp R, no body weight (ct 2) Repeat Cts 1 & 2 with opp. ftwk (cts 3,4)
8. Kneel on L (cts 1,2) Stand & stamp L no body weight (cts 3,4)
9. Travelling fwd into circle Step L fwd (ct 1) Step R beside L (ct 2) Step L fwd (ct 3) Hop on L (ct 4)
10. Repeat meas 9 with opp. ftwk, travelling bkws

BORDEIUL AMESTECAT (cont'd)

11. Step L across R Turn to R (ct 1) Hop on R (ct 2) Repeat with opp ftwk (cts 3,4)
12. Facing centre & travelling C.W. Step L to L (ct 1) Step R behind L (ct 2) Step L to L (ct 3) Hop on L (ct 4)
13. Step R across L (ct 1) Step L beside R (ct 2) Step R across L (ct 3) Hop on R turning to face R.L.O.D. (ct 4)
14. Travelling C.C.W. Step L across R (ct 1) Step R to R (ct 2) Repeat (cts 3,4)
15. Repeat meas 14
16. Facing centre Stamp L (ct 1) Stamp R (ct 2) Stam L (cts 3,4)

Repeat whole dance thru.

Taught by N. Hilferink,