

CACAK

Name: CHAH-chahk; name of town

Formation: Short lines; belt hold, R arm under, L arm over; facing center except where otherwise noted.

Style note: M: when raising knees, bring leg up high so that thigh is parallel to the floor, and lower leg perpendicular to the floor. W raise knees somewhat less.

INTROUCTION: 4 meas

<u>Meas.</u>	<u>Ct.</u>		
		Figure I: Step-lift	
1	1	Step Rft sdwy R.	} 2 step-behinds
	2	Step Lft behind Rft.	
2		Repeat meas 1.	} 5 step-lifts
3	1	Facing diag R, step Rft fwd.	
	2	Hop on Rft, raising L knee.	
4		Repeat meas 3 with opp ftwk.	
5-6		Repeat meas 3-4; face ctr on last hop	
7	1	Step Rft fwd.	} 5 step-lifts
	2	Hop on Rft, raising L knee.	
8	1	Bending fwd from hips, step Lft bkwd.	
	2	Step Rft bkwd.	
9	1	Step Lft bkwd.	
	2	Hold.	
10	1	Straightening body, step Rft fwd.	
	2	Hop on Rft.	
11	1	Step Lft in place.	
	2	Step Rft in place.	
12	1	Step Lft in place.	
	&	Step Rft in place.	
	2	Step Lft in place.	
		Figure II: Step-stamp	
1	1	Step Rft sdwy to R.	} 2 step-behinds
	2	Step Lft behind Rft.	
2		Repeat meas 1.	} 3 step-stamps
3	1	Step Rft sdwy to R.	
	2	Turning diag R & bending from hip, stamp Lft in front of Rft.	
4		Repeat meas 3 to L with opp ftwk.	} 3 step-stamps
5		Repeat meas 3.	
6	1	Straightening body, step Lft sdwy to L.	
	2	Step Rft behind Lft.	
7-8		Repeat meas 4-5 -- 2 step-stamps.	
9		Repeat meas 6 -- 1 step-behind.	
10		Repeat meas 4 -- 1 step-stamp.	
11-12		Repeat meas 1-2 -- 2 step-behinds.	
13	1	Step Rft in place.	

<u>Meas.</u>	<u>Ct.</u>			
14	2	Hop on Rft, raising L knee.	}	4 step-lifts
15-16		Repeat meas 13 with opp ftwk.		
		Repeat meas 13-14.		
1	1	Figure III: Step-kicks	}	2 hop-step-steps
	&	Hop on Lft, keeping R knee up.		
	2	Step Rft in place.		
2		Step Lft in place.		
3	1	Repeat meas 1, raising R knee.	}	3 step-kicks
4	2	Step Rft in place.		
5		Kick Lft fwd by raising knee then straightening it.		
6		Repeat meas 3 with opp ftwk.		
7-8		Repeat meas 3.		
9		Repeat meas 1 to L with opp ftwk-- 1 hop-step-step.		
10		Repeat meas 4-5-- 2 step-kicks.		
11-12		Repeat meas 6-- 1 hop-step-step.		
13-16		Repeat meas 4-- 1 step-kick		
		Repeat meas 1-2--2 hop-step-steps.		
		Repeat Fig II, meas 13-16-- 4 step-lifts.		

MUSICAL BRIDGE

1-4 Facing diag R, take 8 running steps to R raising knees high.

1-12 Figure IV
 Repeat Fig I.

13-14 Facing ctr, repeat Fig I, meas 3-4-- 2 step-lifts.

15-16 Repeat Fig I, meas 11-12.

1-16 Figure V
 Repeat Fig II.

1-16 Figure VI
 Repeat Fig III, closing Rft to Lft at end.