

Lugovonjka

v-hold

- 1) ➞ (3-step)x8
- 2) ➞ hands on elbows in front, tip shoulders R then L doing 6 pripadarnias ie
(sR, LbR)x6 then sR and L heel with shoulders down to L
down up down
- 3) ↻ (3-step)x3, R, L
- 4) ↗ (3-step)x2 raising arms, eyes down
Mirror
Repeat 4)
- 5) a ↻ 3xpripadania, then down on R, L heel to floor to face out
while slowly bringing hands to hips
b ↻ Reverse 5) to face centre
↻ Repeat a but go right round to face centre
- 6) Bow with hands crossed over heart

Music:

Manni Konigs Dorbas dances