

Adana

Translation: Name of a town in Turkey. *Rhythm:* 4/4, 4/8 *Formation:* "T" position, R foot free.

Measures	Count	PART 1 - SLOW (4/4)	Measures	Count	VARIATION FOR PART 1
1	1,2	Facing slightly and moving R, step FWD on R foot, bending L knee to raise L foot slowly across in front of R	1	1,2	Facing slightly and moving R, step FWD on R foot, kneeling on L knee
	3,4	REPEAT, reversing footwork		3,4	Continuing, step FWD on L foot, kneeling on R knee
2	1,2	Turning to face center, step SDWD R on R foot, bending L knee to raise L foot slowly across in front of R	2	1-4	Turning to face center, leap SDWD R on R foot, kneeling on L knee
	3,4,&	Flex R knee twice		1,2	Turning to face center, leap SDWD R on R foot, kneeling on L knee
3	—	REPEAT pattern of measure 2 reversing direction and footwork	3	3	With weight on R foot, rise slightly putting L foot in crook of R knee
4-5	—	REPEAT pattern of measures 2-3	4	4	Rise completely and bend L knee to raise L foot across in front of R
6-10	—	REPEAT pattern of measures 1-5	3-5		Rising, as above
PART 2 - FAST (4/8)					
11	1-4	Facing slightly and moving R, 2 hop-steps (L, R) FWD			
12	1	Turning to face center hop on L foot			
	2-4	3 small running steps (R, L, R) in place			
13		REPEAT pattern of measures 12 reversing footwork			
14-15		REPEAT pattern of measures 12-13			
16		REPEAT pattern of measure 11			
17	1	Turning to face center, hop on L foot			
	2	Step SDWD R on R foot, bending L knee to raise L foot across in front of R (music slows down here)			
18-20	1,2	Facing slightly and moving R, step FWD on R foot, kneeling on L knee			