

ADANA

Translation: Name of a town in Turkey *Rhythm:* 4/4, 4/8

Formation: "T" position, R foot free.

Measures **PART 1 - SLOW (4/4)**

- 1 Facing slightly and moving R, step FWD on R foot, bending L knee to raise L foot slowly across in front of R (counts 1, 2); REPEAT, reversing footwork (counts 3, 4)
- 2 Turning to face center, step SDWD R on R foot, bending L knee to raise L foot slowly across in front of R (counts 1, 2); Flex R knee twice (counts 3, &, 4, &)
- 3 REPEAT pattern of measure 2 reversing direction and footwork
- 4-5 REPEAT pattern of measures 2-3
- 6-10 REPEAT pattern of measures 1-5

PART 2 - FAST (4/8)

- 11 Facing slightly and moving R, 2 hop-steps (L, R) FWD (counts 1-2, 3-4)
- 12 Turning to face center hop on L foot (count 1)
3 small running steps (R, L, R) in place (counts 2, 3, 4)
- 13 REPEAT pattern of measures 12 reversing footwork
- 14-15 REPEAT pattern of measures 12-13
- 16 REPEAT pattern of measure 11
- 17 Turning to face center, hop on L foot (count 1); Step SDWD R on R foot, bending L knee to raise L foot across in front of R (count 2 - music slows down here)
- 18-20 Facing slightly and moving R, step FWD on R foot, kneeling on L knee (counts 1, 2)

VARIATION FOR PART 1

- 1 Facing slightly and moving R, step FWD on R foot, kneeling on L knee (counts 1, 2)
Continuing, step FWD on L foot, kneeling on R knee (counts 3, 4)
- 2 Turning to face center, leap SDWD R on R foot, kneeling on L knee (counts 1-4)
OR
Turning to face center, leap SDWD R on R foot, kneeling on L knee (counts 1-2)
With weight on R foot, rise slightly putting L foot in crook of R knee
(count 3); Rise completely and bend L knee to raise L foot across in front
of R (count 4)
- 3-5 Rising, as above

