

AJDE JANO

Rhythm: 7/8 or slow-quick-quick; 1 and ah, 2 and, 3, and...

Formation: Open circle, hands joined at shoulder height, leader on right.

Styling: Small light steps throughout, When doing knee lift the free foot is held naturally, the toes pointing slightly toward the floor.

Measures	SLOW	QUICK – QUICK
1	Facing diagonally step to right on right foot	Continue moving to right crossing left foot in front of right.
2	Step to right on right.	Step left across right. Step to right on right.
3	Step left across right.	Turning to face centre, raise on left toe lifting right knee. Do another slight lift on left toe.
4	Step toward centre on right lowering arms.	Touch left toe toward centre, bending slightly from waist with arms pointing toward toe.
5	Step back on left foot swinging arms back slightly.	Facing diagonally step to right on right raising arms. Cross left in front of right finishing raising arms.

Continue above routine until end of music.

Note that the dance step does not come out even with the musical phrase.

