

İşte Hendek

Pronunciation: (eesh-teh hen-dek)

Rhythm: 2/4

Learned by: Rudy Ulibarri from Bora Ozkok

Steps and Styling: Leader calls steps, usually in order. Each line should be very tight and straight and move as a unit.

Formation: Mixed lines, hands clenched, arms straight down at side bodies touching. Short lines (no more than ten). Inward pressure by everybody to hold the line close. Start after 4 counts of spoons.

Measure	Count	FIG. 1	Measure	Count	FIG. 2
1	1	Facing LOD, step R	1	1, 2	REPEAT measure 1, FIG. 1
	2	Step L			
2	1	Face center and step R	2	1	Face center and step on R
	2	Bending body BKWD, bend L leg at knee and place L foot behind R calf	2	2	Bending slightly FWD while bending and lifting L leg slightly in back, chug BKWD on R
3	1	Moving BKWD, step L	3-4	—	REPEAT measures 3-4, FIG. 1
	2	Step R			VARIATION 2
4	1	Step BKWD on L next to R and bend knees and body BKWD	1	1, 2	REPEAT measure 1, FIG. 1
	2, &	Straighten and bounce twice quickly on both feet	2	1, &	Hop twice on L, keeping R leg stiff in front
			2	2	Face center and step R
			&	&	Chug BKWD on R, leaning FWD slightly while lifting and bending L leg slightly in back
		VARIATION 1	3-4	—	REPEAT measures 3-4, FIG. 1
1	1, 2	REPEAT measure 1, FIG. 1			
2	1	Keeping R leg stiff in front, hop twice on L			
	2	Face center and step on R			
	&	Bend L knee and place L foot behind R calf while bending BKWD			
		REPEAT measures 3-4, FIG. 1			