

Bannielou Lambaol

Formation: Circle dance. Pinkie hold, shoulder height. Move to L beginning with L foot.

PARTS

- 1 Step SDWD L, close R to L. Do four times.
Arms: With each step, close. Arms make a circular motion moving forward, down and back up to shoulder height.
- 2 Point right foot in, out, in, out
(in - towards the center of circle, out - back to place).
Arms make same motion - in, out, in, out.

Do 1 step on PART 1

REPEAT all of PART 2 1 more time.

(2 times all together)