

Cinege

Formation: Begin L foot and move to L (CW).

- Count** **FIG. 1**
- 1-2 Walk L, R, L, R
- 3-4 Face center as you jump apart, jump and cross L in front, jump apart, close feet together.
REPEAT above, FIG. 1, 3 more times (4 total)
- FIG. 2**
- 1-2 Walk L, R, L, R and do a L Cifra
(step on L, step on R heel, step on L)
- 3-4 Do a R Cifra (step on R, step on L heel, step on R)
REPEAT above, FIG. 2, 3 more times (4 total)
- FIG. 3**
- 1 Step on L heel to L
- & Step R behind
- 2,& Step on L
- 3, & Close R heel to L heel (keep weight on balls of feet)
- 4, & Fall on R foot
REPEAT above FIG. 3, 3 more times (4 total)

NOTE: On 4th count end w/weight on the L foot so you can do FIG. 3 to the R.

REVERSE footwork.

Whole dance goes through 2 times.