

MEHMEDE

Rhythm: 7/16 meter - indicated as slow-slow-quick-slow

Formation: Broken circle, hands joined and held at shoulder height, elbows bent.

<u>Measures</u>	<u>Counts</u>	<u>Introduction</u>
1-4		(Drum beats)
		<u>FIG. 1</u>
1	1, & 2, & 3, 4	Facing and moving in LOD, step on R heel; Roll onto full R foot Step on L heel; Roll onto full L heel Step R; Step L
2	1 2 3 4	Facing center, lift on L foot and touch R heel SDWD R Shift weight onto full R foot, L knee bent and raised diagonally back to L Step FWD on L in front of R Step BKWD on R
3*	1, 2 3, 4	Lift on R; Step slightly SDWD on L Step FWD on R in front of L; Step BKWD on L
4	1, 2 3, 4	Lift on L, R knee bent and raised in front of L leg; Step R next to L Lift on R, L knee bent and raised in front of R leg; Step L across R
5-36	-	REPEAT action of measures 1-4 eight more times
		* Variation for measure 3: Hop on R foot (slow) Hop on R foot (quick) Step on L foot in place (quick) Step on R foot in front of L (quick) Step on L foot in place (slow)
		<u>FIG. 2</u>
1-2	-	REPEAT action of measures 1-2, FIG. 1, lowering hands at beginning of measure 1, and raising them to shoulder height at beginning of measure 2
3	1, & 2, 3 4	Hop on R, L knee bent and raised in front of R leg; Step SDWD L on L Step R behind L; Hop on R, L knee bent and raised in front of R leg Step L next to R
4	1-4	REPEAT action of measure 3, FIG. 2, REVERSING footwork and direction
5	1-4	REPEAT action of measure 3, FIG. 2, but step L across R on count 4
6-25	-	REPEAT action of measures 1-5, FIG. 2, four more times
26	1-4	REPEAT action of measure 1, FIG. 2, finishing w/R knee bent and raised in front of L leg on count 4

