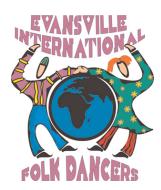
MENMEDE

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>	Introduction
1-4		(Drum beats)
		<u>FIG. 1</u>
1	1, &	Facing and moving in LOD, step on R heel; Roll onto full R foot
	2, &	Step on L heel; Roll onto full L heel
	3, 4	Step R; Step L
2	1	Facing center, lift on L foot and touch R heel SDWD R
	2	Shift weight onto full R foot, L knee bent and raised diagonally back to L
	3	Step FWD on L in front of R
	4	Step BKWD on R
3*	1, 2	Lift on R; Step slightly SDWD on L
	3, 4	Step FWD on R in front of L; Step BKWD on L
4	1, 2	Lift on L, R knee bent and raised in front of L leg; Step R next to L
	3, 4	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)
4.0		FIG. 2
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, &	Hop on R, L knee bent and raised in front of R leg; Step SDWD L on L
	2, 3	Step R behind L; Hop on R, L knee bent and raised in front of R leg
	4	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



DANCE NOTES - BULGARIA