

SEPASTIA BAR

Presented by: Bea Montross @ Bea Montross International Weekend, 1981 - Miami Valley Folk Dancers

Formation: One long line, "pinkies" held w/arms bent at elbows.

Rhythm: 2/4

Measures

FIG. 1

- 1-2 Lean to the R bending both knees (1), bounce subtly (2), lean to the L (1), bounce subtly (2)
- 3 Two-step to the R (1, &, 2)
- 4 Close L to R, no weight (1), hold (2)
- 5-8 REPEAT measures 1-4 REVERSE direction and footwork
- 9 Two-step to the R (1, &, 2)
- 10 Close L to R (1), hold (2)
- 11-12 REPEAT measures 9 and 10 to the L
- 13-14 Touch R alongside L (1, 2), touch R slightly in front of L (1, 2)
- 15-16 REPEAT measures 1 and 2

FIG. 2

- 1-3 3 two-steps to the R
- 4 Close L to R
- 5-7 2 Hesitation two-steps to the L
- 8 Close R to L
- 9-16 REPEAT measures 1-8, FIG. 2

REPEAT dance from beginning.

NOTE

When music accelerates, FIG. 2 is danced in the following manner:

M place hands on hops, clapping on the touch step.

W make 1 full CW turn during two-steps w/hand movements, clapping on touch step.

