

**Pravo** or ZaRamo or Hasapikos and many other names. This is the basic dance step found in many countries. We can dance it to “Zajko Kokorajko”. It is often done with hands on shoulders, but this is more difficult so we can just link hands. in steps 4 and 6 you can touch your toe rather than lifting it.



step to R on R foot	step to R on L foot (place L foot almost in front of R foot)	step to R on R foot	lift L leg (imagine a lift from a string attached to your knee, don't kick!)	put you L foot down and...	lift R leg
step1	2	3	4	5	6

## Dhipat

a Pontian dance. Pontos is the Black Sea region of Turkey.

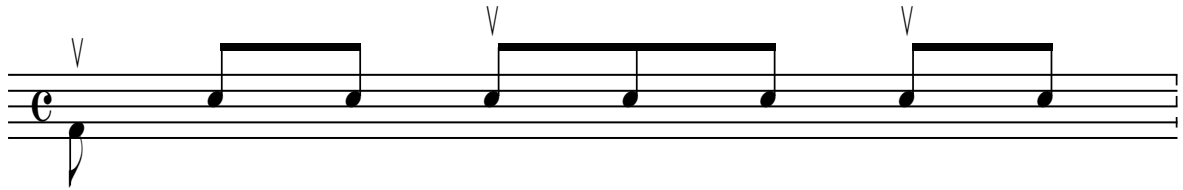
We can dance this to “Dere Geliyor”.

Holding hands. As we go in, turn slightly to the right and as we come back, turn slightly to the left. This makes us zig-zag and we progress slowly around the room.



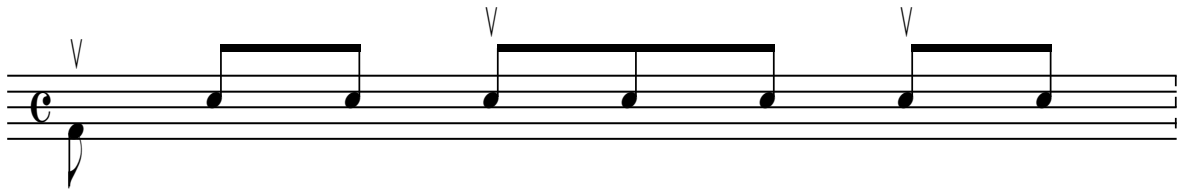
<i>measure 1</i>	step forwards on R foot	lift L foot	step forwards on L foot	stamp R foot next to L.
<i>measure 2</i>	step back on R foot	lift L foot	step back on L foot	step R foot next to L.
<i>measure 3</i>	shift weight to L foot		shift weight to R foot	shift weight to L foot

**Čoček** a Rom (Gypsy) style dance from Macedonia. We can do this to Mazo Mazo, and many other tunes. It can be danced both on the beat, or off the beat (lifted). The movements are small and subtle.



<i>measure 1</i>	R foot back	lift L foot ready to...	L foot back	lift R foot ready to...
<i>measure 2</i>	step on R foot	lift L foot and...	touch L foot next to R foot	lift L foot ready to..
<i>measure 3</i>	step on L foot in front of R foot	R foot small step to R	L foot small step to R	lift R foot ready to start again

another **Čoček** lifted, or off the beat.



<i>measure 1</i>	lift R foot ready to start again	R foot back	lift L foot ready to...	L foot back
<i>measure 2</i>	lift R foot ready to...	shift weight onto R foot	shift weight onto L foot	shift weight onto R foot
<i>measure 3</i>	lift L foot ready to..	step on L foot in front of R foot	R foot small step to R	L foot small step to R