

# ADANA

## MACEDONIAN/TURKISH MEN'S LINE DANCE

### SHOULDER HOLD

LEARNED FROM ATANAS KOLAROVSKI

METER: 4/4

#### Slow Part

Meas. 1 – Facing LOD, step forward on R (1), lift L (2), step forward on L (3), lift R (4)

Meas. 2 – Facing center step R to side (1), lift L (2), bend R knee twice (3,4)

Meas. 3 – Same as meas. Two with opposite footwork

Meas. 4,5 – Same as meas. 2,3

Meas. 5-10 – Repeat meas. 1-5

#### Fast Part

Meas. 1 – Facing R, lift R while hopping on L (1), step R in LOD (2), lift L while hopping on R (3), step L in LOD

Meas. 2 – Facing center, hop on L (1), step R to side (2), step L slightly to center (3), step R back to place (4)

Meas. 3 – Same as meas. 2 with opposite footwork

Meas. 4,5 – Same as meas. 2,3

Meas. 6 – Same as meas. 1

Meas. 7 – Facing center, lift R while hopping on L (1), leap onto R while turning to face center and lifting L in front of R (2), A slight pause in the music follows, then continue from meas. 2, beat 3 of slow part (bending R knee twice on beats 3,4).

Meas. 8-10 – Same as meas. 8-10 of slow part.

Fast part and slow part alternate.