



LAMBA LAMBA (continued)

- Var. I Continued.
- 2 1 Hold.  
2 Hold.
- 3 Turning to L diag, small jump )  
onto both ft. bending knees. )
- 4 Hop on R, turning to face ctr, )  
kick L leg, (knee bent) across in )  
front of R leg and beg a CCW arc.)
- 5 Continuing with a circular move- )  
ment CCW of the L ft, while the ) Cadence  
R ft begins to lift slightly. )
- 3 1 "Čukče" (lifting and dropping the )  
heel) on R ft. )
- 2 Step on L ft behind R. )
- 3 Strike R heel in front of L ft. )
- 4 Leap onto R ft in place. )
- 5 Strike L heel in front of R ft. )

VARIATION II.

- 1 1 Facing ctr, step on L ft to L  
2 Step on R behind L  
3 Step on L to L  
4 Turning slightly to R diag, Čukče on L. R ft is lifted behind.  
5 Touch R toe behind L ft.
- 2 1 Repeat action of meas 1, ct 4.  
2 Repeat action of meas 2, ct 5.
- 3-5 )  
T-5 ) Cadence. (See Variation I.)

VARIATION III.

- 1 1 Facing ctr, moving L, step on L ft to L.  
2 Step on R behind L.  
3 Step on L to L, lifting R slightly to R diag, toe turned slightly inward,  
both knees bent.  
4 Lifting on L ft, close R to L with a slight clicking motion close to  
the floor.  
5 Lower L ft in place, R cont. in a CCW circle in air in front of L leg.
- 2 1 Repeat action of meas 1, ct 4.  
2 Repeat action of meas 1, ct 5.
- 3-5 )  
T-5 ) Cadence (See Variation I.)

VARIATION IV. (Women's variation) M can also do this, but would be more vigorous.

- 1 1 Facing ctr, moving L, step on L ft to L.  
2 Step on R behind L  
3 Step on L to L, lifting R slightly off the floor.  
4 Step on R in front of L. L lifts to ball of ft (beginning Čukče).  
5 Lower L heel.
- 2 1 Step on R ft to R side, lifting L onto ball of ft.  
2 Lower L heel.
- 3-5 )  
T-5 ) Cadence. (See Variation I.)

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LAMBA LAMBA (Continued)

VARIATION IV. (Men's variation) W do not do this.

- 1 1 Facing ctr, moving L, step on L to L.
- 2 Step on R behind L.
- 3 Leap onto L ft.
- 4-5 R ft slides behind L, ending in a kneeling pos with the R leg bent behind the L leg which is in a kneeling pos.
- 2 1 Hold.
- 2 Hold and rise for Cadence.
- 3-5 ) Cadence. (See Variation I.)
- 3 T-5 )

VARIATION V. ("Lamba Lamba")

- 1 1 Facing ctr, moving L, step on L to L.
- 2 Step on R behind L.
- 3 Turning slightly L, step on L
- 3-5 ) Meanwhile brush R leg, straight knee, through to L diag.
- 4 Čukče on L.
- 5 Brush R ft back through to R back diag with bent knee.
- 5 R ft continuing around in back of L leg.
- 2 1 Čukče on L.
- 2 R toe touches behind L ft, body turning slightly to R diag.
- 3-5 ) Cadence (See Variation I.)
- 3 T-5 )

Note: When danced in context, each variation is performed as many times as the leader chooses.

Notes by Janet Reineck and Stephen Kotansky

Presented by Stephen Kotansky