

SITNA LISA

MACEDONIAN LINE DANCE

METER: 7/8

HANDS HELD AT SHOULDER LEVEL



"Travel step" (Meas. 1 & 2)

Measure 1 - Facing R and moving R

- 1- lift L
- &- rest
- 2- step L forward in LOD
- 3- rest

Measure 2 - same as meas. 1 only using R foot (lift - step)

"Stationary step" (Measures 3-10)

Measure 3 - facing center, dancing in place (lift-step-step)

- 1- lift L
- &- step L
- 2- step R
- 3- rest

Measure 4 (lift-step)

- 1- lift L
- &- rest
- 2- step L
- 3- rest

Measure 5 & 6 - repeat meas. 2 & 3 using opposite foot

Measure 7 - 10 - repeat measure 3 - 6 "cheating" on the last lift-step by travelling to the right.

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