

# AGERANOS (PAROS)

SHOULDER HOLD

(LEADER MAY CALL VARIATION  
REPLACE 3RD STEP WITH:)

$\begin{array}{c} \overline{R} \quad \overline{L} \quad \overline{R} \\ \overline{S} \quad \overline{S} \quad \overline{S} \end{array}$        $\begin{array}{c} \overline{L} \\ \overline{S} \end{array}$        $\begin{array}{c} \overline{R} \\ \overline{S} \end{array}$

(place L next to & slightly forward of R)

(place R next to & slightly forward of L)

$\begin{array}{c} \overline{RL} \\ \overline{S} \end{array}$

(bend at knees & "hit" ground with feet)