

KAPION ALLON FILISES

Music: Kostas Makedonas

Choreographer: Lesley Laslett

Rhythm: 4/4

Formation: W-hold

Part 1 Facing centre

Step R, brush L foot forward and cross it over the R on the toe - no weight (ie step brush cross).

Mirror pattern to the Left, starting L foot, then 2 side closes to the R.
(Repeat Part 1 x 2).

Part 2 Facing centre

Quick grapevine to the Left (R cross in front, side L, R cross behind, side L)

Then 2 crossing steps to Left (R cross in front, side L) x2.

Then repeat the step brush cross (from Part 1) starting with L foot, and finish Part 2 with one side close to the Right

Part 3 Facing centre

Part 3 has a tuck step - same as a slip step, but without the back foot closing (but a slip step will do fine).

Travelling to the centre R tuck L behind, R then L tuck L.

2 walks back, then a right yemenite (back R, close L, forward R), swinging the arms down/up

(Mirror this pattern, starting L foot to centre).

Repeat Part 1 to finish the dance - but just once.

Then start the dance again.