

Mazemenos (Restrained !)

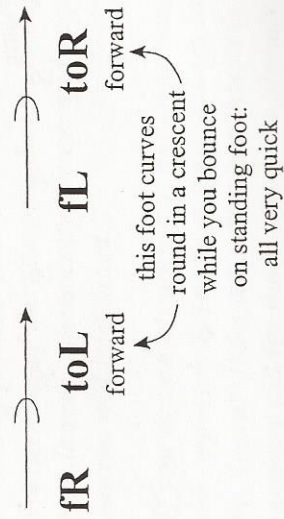
Music: Nikos Economides from the CD "East of the Aegean"
[Verso CD 101] Track title "Mazemenos"

A skippy fun dance that is definitely NOT restrained !
Not to be confused with the Greek folk dance: generally I don't
create dances where folk dances to the same music already exist,
but on this occasion I simply couldn't restrain myself !

Open circle or line

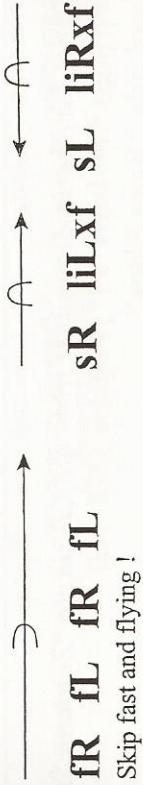
A) V hold

2 quick shuffle slip-steps



Do A) 4 times altogether

B) W hold



Do B) 4 times altogether

C) W hold



Do C) 4 times altogether

