

Cherkezkata

North Bulgaria

Formation: Open circle

Position: Hands down in V position, facing ctr

Style: Bouncing

Meter: 9/16 (QQQS or 1234)

Meas **Introduction**

1-4 No action, facing ctr, begin with wt on L ft

Meas **Figure 1** (simple variation)

1 Step on R ft to R (1), step on L ft behind R (2), step on R ft to R (3), point L toes fwd (4)

2 Point L toes diag to L (1), point L toes fwd (2), step on L ft beside R (3), touch R ft in place (4)

or

Meas **Figure 1** (energetic variation)

1 Step on R ft to R (1), step on L ft behind R (2), step on R ft to R (3), step on L ft fwd (4), step on R ft in place (&)

2 Step on L ft diag to L (1), step R ft in place (&), step on L ft fwd (2), step R ft in place (&), step on L ft beside R (3), step on R ft in place (4), step on L ft in place (&)

Repeat Figure 1 four times altogether

Meas **Figure 2** (simple variation)

1 Touch R toes to R (1), touch R toes fwd (2), touch R toes to R (3), touch R toes fwd (4)

2 Place R ft beside L ft & lift heels (1), lift heels (2), step on L heel to L (3), step on R ft behind L heel (&), step on L heel to L side (4), step on R ft behind L heel (&)

3-4 Repeat meas 1-2 with opp footwork & direction

or

Meas **Figure 2** (energetic variation)

1 Step on R ft to R (1), step on L ft in place (&), step on R ft fwd (2), step on L ft in place (&), repeat beats 1&2& (3&4&)

2 Same as meas 2 of simple variation

3-4 Repeat meas 1-2 with opp footwork & direction

Repeat Figure 2 two times altogether

Meas **Figure 3**

1 Step on R ft fwd-toward ctr (1), step L fwd (2), step R fwd (3), step L fwd (4), step R beside L (&)

2 Step on L ft in place (1), stamp R heel next to L toes (&), step on R ft in place (2), stamp L heel next to R toes (&), step on L ft in place raising and holding R knee high (3), step on R ft in place (4), step on L ft in place (&)

3-4 Repeat meas.1-2, moving bkwd

Repeat Figure 3 two times altogether

Repeat Figures to end of music