

Sadila Jana

Origin: Macedonia

Source: Vlasto Petkovski

Formation: open circle, hands joined low. Face CCW.

Notation: Dale Hyde, January 2017.

Measures: Counts: Pattern:

Introduction: Instrumental, dance begins with the vocal.

		Part 1: (Vocal)
1	1 – 2	Step-hop on R foot
2	3 – 4	Step-hop on L foot.
3	5 – 6	2 steps (R, L)
4 – 6	7 – 12	Repeat measures 1 – 3. End facing centre.
7	13 – 14	Move toward centre with 2 steps (R,L)
8	15	Leap forward onto R foot, L leg raising up behind and arms swing up sharply
	16	Hold
9	17 – 18	Move backwards away from centre 2 steps (L,R) and arms come down.
10	19 – 20	Step-hop on L foot.
11	21 – 22	Step-hop on R foot
12	23 – 24	Step-hop on L foot.
13 – 18	25 – 36	Repeat measures 7 - 12

		Part 2: (Instrumental)
1	1	Facing centre: (Hands joined and held down) Step on R foot sideways to the Right.
	2	Step on L foot crossed behind the R foot.
2	3 – 4	Repeat measures 1, Part 2.
3	5 – 6	Step on R foot and lift L leg forward and up
4	7 – 8	Step on L foot and lift R leg forward
5	9 – 10	Repeat measure 3, Part 2.
6	11	Step on L foot sideways to the Left

	12	Step on R foot crossed behind Left
7	13 – 14	Step on L foot and Lift R leg forward
8	15 – 16	Step on R foot and lift L leg forward
9	17 – 18	Repeat measure 6, Part 2
10	19 – 20	Repeat measure 7, Part 2
11	21 – 22	Repeat measure 8, Part 2
12	23 – 24	Repeat measure 7, Part 2.

Dance repeats from the beginning.

Presented by Dale Hyde
UK Tour March 2017