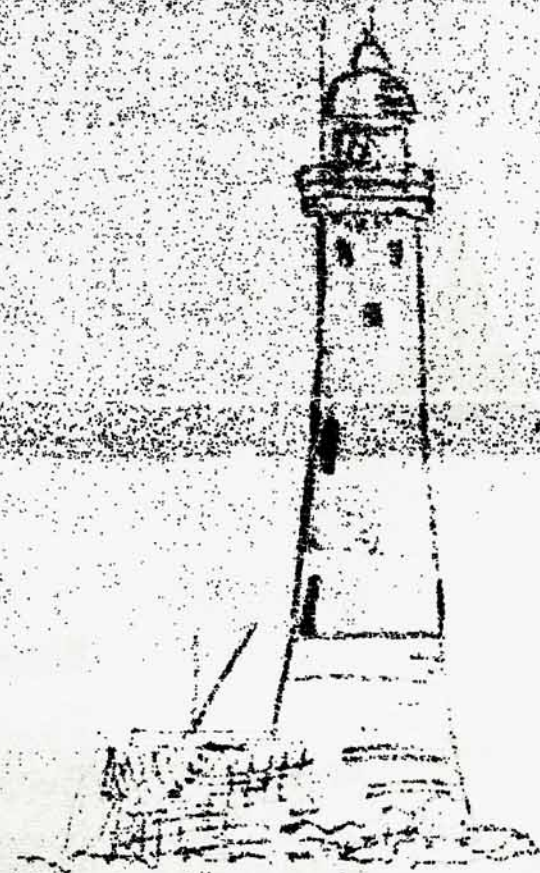


INTERNATIONAL FOLK DANCES

by

KARIN BELLAART



Armenia

tamzara

garun

shoror

teen

ambee dageets

Turkey

leylim

delile

kaz kaz

halay

Holland

pot van cees en tonia

dubbele duitse

gaodemee

ijswals

jan pierewiet

Roumenia

hora din caval

rața

hora din muscel

Greece

koftos

mavromata

tsakonikos

dance traditional-choreografersschool Yerevan
 music 9/8
 formation mendance, lines or circle. Right underarm horizontal, close to body, waistlevel. Left arm stretched to the left
 introduction 11 bars
 order A B C
 a b c

PATTERN

measure	count		a	
1	1-2	step with R LOD, bring L forward		arms
	3-4	hop on R, R knee bent, while stretching L fwd, 45° bent		circle
	5-6	step with L LOD		
	7	close R to L)	
	8-9	step with L LOD)	double step
2-4		repeat 1		
B			b	
1	1-2	step on R, L keeps weight (LOD)) arms horizontal to R
	3-4	bounce on R, L keeps weight (turning center)		
	5-6	stamp with L to the left (RLOD)		
	7	jump on R, 1. underleg lifted bkwd. high; arms to starting position (turning LOD)		
	8-9	jump on L, LOD		
2-4		repeat b		
C			c (arms down)	
1	1-2	jump on R, bring L heel fwd on floor		
	3-4	jump on L, bring R heel fwd on floor		
	5-6	repeat 1-2		
	7	cross L with toe, chuck forward on R, R knee bent		
	8-9	stretch L fwd, stretch R knee and chuck back		
2		repeat 1 reversed		
3		repeat 1		
4	1-5	repeat 2 counts 5-9		
5	1-5	repeat 1 counts 5-9		
6-10		reverse 1-5		





ENDING: extra 3 bars of 5/8 : repeat part c measure 5; 4; 5 + jump on L, R heel in front on the floor.

Dance American residence of Armenians
 Name spring
 music 2/4
 introduction 1 x B
 formation circledance, mixed. Little fingers linked
 order A B
 a b




PATTERN

A a

measure count direction

1-2  two doublesteps to the right, starting R
 3 1-2  facing center step R to right; swing L crossing in fr.
 4 1-2 " " step L to left; swing R crossing in fr.
 5 1-2  walk two steps to the right, clapping breast level RL
 6 1 cross R over L facing in; little fingers link again
 2 Little hop on R, L lifted bkwd.
 7 1  walk back L. (R heel stays on the floor, R toe turns out
 2 walk back R. (L heel stays on the floor; L toe out
 8 1 as 7.1
 2 stamp w.w. R next to L
 :1-8 repeat a

B b

1 1-2  step R to right; hop on R, L lifted at the back.
 arms go down
 2 1 & 2 doublestep with R to right; arms come up
 3-4 repeat b 1-2
 5-6  in three steps + touch full turn going to the right.
 clap at the last count.
 7-8  reverse 13-14
 :1-8 repeat b

Dance originally from Moush(Taron) and Sassoen.
music 2/4
introduction none-can start anywhere
formation line dance,close to neighbours,little fingers at shoulderlevel

PATTERN

measure count

1	1 & 2	double step to the left with R starting; underarms to R.
2	1 & 2	double step to the left,starting L;underarms to the left
3	1	step with R to the center,arms pulling back in W-hold
	2	step back with L,bringing arms forward
4	1	step R to right,arms down
	2	close L to R;underarms back to W,close to body
5	1	step R to right;arms down
	2	lift L.underleg; underarms back to W
6	1	step on L little fwd,R.stays on the floor,bent both knees
	2	stretch and bring weight on R back
7	1 -2	repeat 6
8	1&2	three stamps on the spot

Dance Kurdish-Armenian

music 2/4

introduction bars

formation mixed line dance, dancers side by side, elbows with hands clasped and fingers interlocked. Facing center.

description Karin Bellaart

record Tom Bozigian presents Songs and Dances of the Armenian People" Volume II, GT 4001

DESCRIPTION

a

measure count

←	1	1 & 2	two-step starting R, moving LOD & swing L in front and across R
	2	1	step L across R with plié
		2 &	step R ahead; swing L in front and across R
□	3	1	step L across R with plié
		2 &	bounce twice on L as R heel lifts behind at calf level
	4	1	step R ahead;
		2	close L, no weight.
↓	5	1 &	step L back, turning R toe out; little kick with R diagonally to the front
		2 &	reverse count 1
	6-8		repeat meas. 5, ending closing R beside L, no w.

HE CHAM-CHA CHAM CHAM-MA

ACHCHEEK DESSA GENTATSA WAI .Hé

AMBEE DAGEETS Armenia

Dance Californian community
 music 2/4
 intro start where you like
 formation mixed line dance with little fingers grasped at
 above shoulder height and away from chest ,dancers
 facing center,leader at R.

PATTERN

measure count

← 1-2 2 two-steps to the right,first action over the heel
 3 1 step R to the right,facing center;arms begin to lower
 2 ending behind the body
 Ⓟ 4-5 1-2,1 3 walking-pivoting steps in LOD,full turn to the right;
 arms up again above head,turn hands at wrist inwards
 towards each other,full turn
 Ⓟ 6-7 2 L touches floor next to R;clap at chest level
 repeat 4-5 opp. direction,footwork.

WORDS

AMBEE DAGEETS JOOR E GALEE
 DOSH E DALEE PRRPRROOM
 EM OOM YARUN E NUSTADZ LALEE
 HONGOOR HONGOOR EN SAROOM

 AEE BAGH JURER ZOOLAL JURER
 VOR GALEES EX JAREEREETS
 GALEES ANTSNOOM HAND OO CHOLER
 YARUS EL KHUMETS ED JUREETS

 ACHCHEEK KOYARUN YEGAV NTSAV
 VARVADZ DARVADZ KO SEEROV
 ERVADZ JEEGYARUN YEGAV ANTSAV
 CHU HOVATSAV BAGH JUROV

Raindrops from under the clouds
 creating bubbles in the form of a breas
 it seems someone's beloved is sitting
 and crying,that sound of crying in the
 mountains
 that clear,clear water
 wich is coming from the mountains
 which runs through the pasture and mea-
 dow; my love could have drunk from that
 water.
 Your beloved came and went
 she was burning,inspired by your love.
 it was affecting her internally
 even the cold water didn't help.

LEYLIM - Turkey

Dance Turkey
 Name girls name
 Music 2/4
 Introduction 4 bars
 Order A A B B Melody A and B are the same; A = instru-
 a b mental, B = vocal
 Formation Frontline. Hands joined, low. Scarfs in between.

PATTERN

measure count Introduction
 1-2 rest
 3-4 arms swing : fwd-bkwd-fwd-bwd.

A		a	ARMS
←	1	1	Walk with R to right fwd
		2	Walk with L to right bkwd
2	1	1	jump on two feet fwd
		2	hop on L,R.leg lifted low in front bkwd
3	1	1	jump on two feet fwd
		2	hop on R,L.leg lifted low in front bkwd
4.....			repeat 1-3 until vocal part starts

B		b	
←	1	1-2	walk two steps to the right RL fwd-bkwd
	2	1	step with R to right fwd
↓		2	little kick with L crossing R in front bkwd
	3	1	step backw.with L fwd
		2	little kick down with R crossing L in front bkwd
4.....			repeat b 1-3 until instrumental part starts

The Transition from part a(instr)to part b(vocal) and vice versa do not match.. Finish always the whole figure of three measures and than start the other part.

LEYLİM - Turkey

Git dağlardan kar getir hele yar yar yar

go from the mountains and bring snow, look my love, my love, my love

Mendiline koy getir şinanay nay nay

put it in your handkerchief and bring it, sinanay nay nay

Mendilin terçi kokar, hele yar yar yar

it smells like sweat, look my love, my love, my love

altın tasa koy getir, şinanay nay nay

put it in a golden cup and bring it, sinanay nay nay

Tarladan gel tarladan hele yar yar yar

come through the meadows, look my love...

altın disî parlatan şinany nay nay

polishing material for a golden tooth

o altın dis değil mi hele yar yar yar

that is a golden tooth, isn't it?

Genç kızları ağlatan şinanay nay nay

it makes young girls weeping.

DELİLE - Turkey

Bingöl dört dağ içinde

Bingöl lies between four mountains

Yanarım ben içinde

In this city I burn from love

Kim Bingöl ü sorarsa

If anyone asks about Bingöl

Bir yarım var içinde

my love is in this town

Delile delile destane 2x

strange strange epic 2x

Şu dere buz bağlamış

That stream is covered with ice

İçinde giz bağlamış

it covers secrets

Baba beni evlendir

Father, make me marry

Bingöl de kız kalmamış

there is no girl left in Bingöl

Delile delile destane 2x

strange strange epic 2x

DELILE - Turkey

Dance Turkey, Bingöl
 Music 4/4
 Introduction 2 bars
 Order A B A B A A = instrumental
 a a' a² a' a² B = vocal
 Formation Frontline. little fingers linked, arms down.
 Basic step: measure 1 ct. 1-3 3 steps diagonally ahead to the right
 4 L. touches the floor, flat foot, in front of R
 measure 2 ct. 1 step back with L, bent legs
 2 step back with R
 3 step back with L, bent legs
 4 R touches floor, flat foot, in front of L.

The whole pattern is done bouncing. Shoulders move along, when you walk backwards, free foot stays near the floor.

PATTERN A a instrumental
 measure count
 1-2, basic step, going fwd and back 7 x
 B a' sung
 1 1 basic steps with arms: hands go to shoulder level, bent,
 2-4 than stretch out forward and gradually going down
 2 arms stay down
 3-6 repeat a' twice
 A-2 a² instrumental
 1-2 basic step, with clapping:
 1 & clap twice every count
 3-8 repeat a²
 B a' vocal
 1-2 basic step
 3-6 basic step with arm movement a'
 A a² instrumental
 1-8 basic step with clapping
 last clap is not done. R closes

Dance Turkey, Agr
 name goose,goose
 music 6/8
 introduction none.First 4 bars are uses as intro
 order A A A' A A impro+A B impro zurna
 a b a' c
 formation Frontline.Hands down,stand close to neighbours.
 info This is a dance of the geese, in wich the walking(basis)
 eating(b) and flying(c) is done.Agr is a part of
 Turkey in the east.The mountain Ararat is situated there.

PATTERN

Basis

measure count

1 1-3 step with L diagonally fwd to the right;bounce 2x
 4-6 close R without weight(w.w.);bounce 2x
 2 1-3 step with R diagonally backw. to the right;bounce 2x
 4-6 close L to R,w.w.
 Shoulders move constantly fwd and bkwd.

A a
 1-4 used as intro
 5-12) 10 x basic step
 :5-12

A a vocal
 1-12 basic step 6x

A b basic step with body:
 1 1-3 upper body bends down and dives up to
 4-6 original position
 2 1-6 upper body going down to 90 ° bending position.Stretch
 throats to let the water run down.(drinking movement).
 3-22 repeat action 10 x

A impro +A a'
 1-26 basic step with claps: every first and fourth ct at
 shoulderlevel,so 4 x in each basic step

B B impro c
 turn to the right and fly away,following the leader-
 goose.Arms spread,small quick steps, fluttering arms.

HALAY -Turkey

Dance Halay is a region of Turkey in the south-east.
 music 2/4
 introduction start where you like
 formation short lines, fingers clasped, close to the neighbours with underarms horizontal

PATTERN

a

measure count direction

1	1	→	step with R to the side
	2		cross L back
2	1		step with R to the side
	2		L closes w.w.
3	1	□	put L to the front, keep weight on R; bent knees
	2 &		bounce twice
4	1		bent knees
	2		close L to R..w.w

b

1-2			as part a
3	1	□	with closed knees turn a little circle cw., bent
	2		stretch and bounce twice
4	1		turn little circle again
	2		stretch

c

1-2			as part a
3	1	↑	jump on two feet fwd, bent(lean back a bit)
	2	↓	jump back to place; bounce twice
4	1	↑	jump fwd on two feet, bent
	2	↓	jump back to place, no bounce.(stretch)

d

1-2			as part a
3	1	↑	stamp with L.w.w. fwd, bent knees
	2 &	□	stamp in place L.R.
4	1		stamp in place L
	2		lift R knee, 90 ° bent. Bend body bkwd, shout: Héh!

Leaders are on the right. They decide when to change to the next figure.

Introduction: 1xA

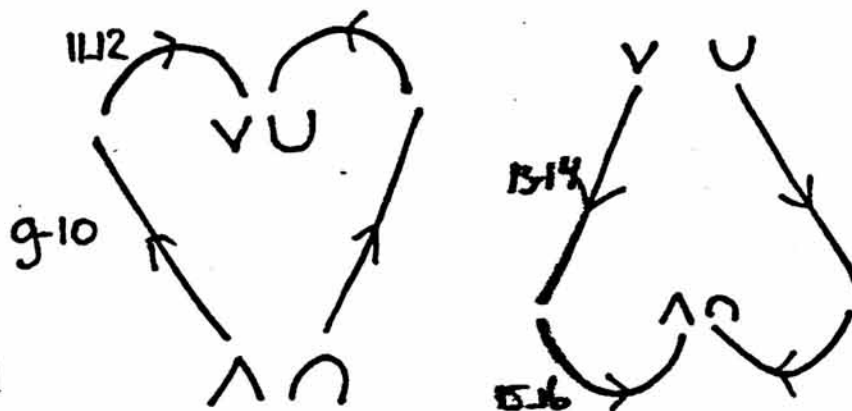
Dance : Elsche Korf
 Music : Valse Inconnu STOOFF MU 7440
 Meter : 3/4
 Formation : circle of couples facing LOD -inside hands joined; Women outside hand at waist, men low back. Outside feet noted.
 Steps ; wals step; slow wals step: 1-2 step R fwd, 3-close L;1-3 R forward

A

measure	count	
1-2	1-6	slow wals step LOD
3-4		slow wals step backwards
5-6		slow wals step to the side (side-close-side) men diagonally fwd,
7-8		women diagonally backward to face new partner.with next slow wal
		to each other.Join to ballroom position
9		step to side (LOD)
10	1-3	walsstep across in LOD
11	1-2	step side LOD
	3	close
12	1-3	repeat 11
13-16		walz around in LOD ending side by side facing LOD again
17-32		repeat A

B

1	1-2	face partner(keep to ballroom position) step side LOD
	3	bounce
2	1-3	wals step across
3-4		two wals steps to change places,Women under left arm men(release
5-8		repeat 1-4 going back again
9-10		slow wals step in LOD (see drawing)
11-12		two wals steps to join other hands,facing RLOD
13-16		dance this hart-shape RLOD ending LOD .
17-32		repeat B ending starting position.



DUITSE POLKA Holland
 Meter : 4/4
 Name : German polka
 Formation : Ballroom position, circle of couples facing LOD. Outside legs star

measure	count	
1	1,2,3,4	outside feet :women R L R-Hop R moving to the centre,
		men on the spot L R L-hop L turning women in
2		reverse going back
3-4		with 4 step-hops turning 2 x CW moving in LOD

GADE GIJ MEE NAAR REUSEL Holland

Dance : Elly Olderaan
Name : Reusel is a city in Brabant
Meter : 6/8
Formation : circle of couples facing LOD, hands crossed in front.

measure count A

↔ 1-4 8 walking steps LOD (outside feet)
↔ 5-8 8 walking steps backwards (outside feet)

B

☐ 9-10 Woman: step R L R-touch L making turn 3/4 under R arm, ending to face partner, arch, L hands high, R hands low.
Men : step L R L-touch R turning 1/4 to arch, L hands high, R low.
11-12 Women: step L R L -touch R full turn back to reversed arch
Men: step R L R -touch L (slightly going RLOD)
13 1 jump on both feet facing LOD, hands crossed in front again
2 hop on R, L heel touches the floor outwards
14 1 jump on both feet
2 hop on L, R heel touches floor outside
15 1 jump on both feet facing each other
2 jump on both feet facing LOD
16 1 bump
2 hips to the outside
17-24 polka 8 steps around (closed position).

TEXT :

En gade gij mee naar Reusel, recht al over de hei, hei, hei
En gade gij mee naar reusel, recht al over de hei.
En meisjes keer je 'ns om, en nog eens wederom.
En m'n linkse been en m'n rechtse been
en we zetten de gatjes tegeneen.
Pak ze in oewen errem, draait er mee in't rond, rond, rond,
pak ze in oewen errem, draait er mee in't rond.

Are you going with us to Reusel, straight across the moor?
And girl turn around, and once more turn.
And my left leg, and my right leg,
and we put our bottoms together.
Take her in your arms and turn with her around.

Dance : Ice-waltz
 Meter : 3/4
 Formation : circle of couples, facing LOD; women on the right side of the men, arms lifted at shoulder level; men hold hands women at back side, right in right hand, left in left.
 Steps : Wals step ;
 crossing wals step: R cross over, body turns left (1); L on the spot body turns to the right (2) ; R on the spot continuing to turn to the right, ending $\frac{1}{8}$ turned right (3) and reverse footwork (4-6)
 When done backwards cross R of L behind .This is a skating-movement.

measure count FIGURE 1 - A music
 1-4 4 crossed wals steps in LOD
 5-7 3 backwards
 8 women turn under right arm men with wals step, ending face to face
 hands crossed, men facing out.
 9-12 4 steps to the centre, crossed -men start L, women R
 13-15 3 out of the centre , " " "
 16 and girl turns back to starting position

 Figure 2 -B music
 1-8 8 crossed wals steps in LOD, both starting R again
 9-10 2 more crossed wals steps
 11-12 women 2 wals steps around the boy to his right side again, keep t
 hands joines (extra turn at the end possible to starting position
 or without this turn end hands joined crossed in front)
 13-14 2 crossed wals steps R L
 15-16 girls go back CW, keeping hands joined

 Figure 3 - C music. Circles
 1-4 4 wals steps with outside legs- full circle outwards
 5-8 4 wals steps going back
 17-18 open waltz : 1 wals step outside , 1 wals step in
 19-20 2 wals steps with full turn out and
 21-24 4 wals steps turning as a couple , moving LOD
 17-32 repeat figure 3 D music

 Figure 4 - C+D music
 1-8 lineformation, each man holds woman at waist or schoulders
 8 crossed wals steps
 9-16 form groups of two pairs -8 crossed wals steps
 17-32 form groups of 4 pairs-8 crossed wals steps; close the line, 8 ste

N.B. Dansorder : 1-2-3; 1-2-4.

Dance All over Holland
 music 3/4
 formation couples, circle. Man inside, woman outside, facing LOD
 introduction 4 bars


PATTERN

A a ballroom-hold

measure count direction

1 1-3 couple turns $\frac{1}{2}$ to the right(outside feet)
 2 1,2-3 place new outside foot in LOD,keep facing thre;rest
 3-4 reverse turning back to starting position
 5-8 repeat a 1-4

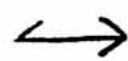

B b

1-2  two mazurka-steps fwd. with outside leg:man:step L. fwd;close R;chuck on R with L.leg cycling bkwd.; repeat; Woman opposite footwork.
 3-4¹ turn as a 1-2
 5-8 reverse b 1-4

C c

1-8 waltz in LOD,turning together..Ending in Shoulder-waist-position,woman at the right.

A d shoulder-waist-position

1 1-3  MAN:cross L behind R;step R to right;cross L over;
 1-3  WOMAN:three steps turning full turn to the left side to end on the inside (RLR)
 2 1,2-3 put ouside heel out on the floor;rest
 3-4 reverse action d to starting position d
 5-8 repeat d

B e

1-2 two mazurkasteps with outside feet
 3-4 repeat d 1-2(women turning over)
 5-8 reverse e 1-4,ending starting position

f

1-4 form a little circle,twoo-hands-hold,waltz 4steps to the left(R.starts)
 5-6 release hands,step aside and bow(R.to right)
 7-8 back to your partner,walk to the next partner and start with part a again.

HORA DIN RIȘIPIȚI -Roumania

Dance Roumania,Oltenia;village of Rișipiți
 music 2/4
 introduction two melodies
 formation circledance,hands joined at shoulderlevel(W)

PATTERN

MEASURE COUNT DIRECTION A -a facing center

1 1-2 ↑ walk fwd 2 steps LR
 2 1-2 step L forward; R touch with ball next to L
 3-4 ↓ reverse 1-2 going bkwd.
 5-8 repeat 1-4

B b RLOD
 1 1 ← step with L to left;arms down
 2 step with R to left;arms up
 2 1 & 2 ♂ doublestep in place,turning tot LOD
 3-4 ← reverse b 1-2
 5-8 repeat b ;stay facing LOD at end

A c facing LOD
 1 1-2 ↙ step with L to left(arms left);touch R next to L
 2 1-2 ↘ step with R to right(arms right);touch L next to R
 3 1-2 ↙ step with L to left(arms left);cross R over(arms r.
 4 1-2 as c 1
 5-8 reverse c 1-4

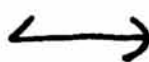

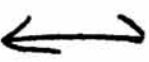
B d RLOD
 1 1-2 ← walk two steps to the left LR (arms down-up)
 2 1 & 2 doublestep to the left LRL
 3 1 step with R to left,crossing over
 2 ♂ step back with L,turning to LOD
 4 1-2 two steps to the right (RL)
 5-8 reverse d 1-4

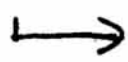
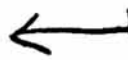

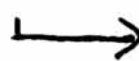



e
 1 1-2 ↑ step with L to the center;brush R fwd;arms go down
 2 1-2 step with R to the center;brush L fwd;arms come up
 3 1&2& step L,brush R;step R-brush L
 4 1-2 step L;stamp with R next to L.w.w.
 5-6 ↓ reverse 1-2 going bkwd.
 7 1-2 two steps bkwd RL
 8 1-2 step with R.bkwd; stamp with L next to R w.w.

RATA - Roumania

Dance	South-Roumania
music	4/4
introduction	2 phrases
formation	circledance, mixed, hands joined, low.

PATTERN

measure	count	direction	a
1	1-2		step with R to right; cross L back to right
	3-4		step with R to right; hop on R (facing LOD)
2	1-2		cross L over R; step with R to right;
	3-4		cross L over R; hop on L
3-4			repeat 1-2
5			repeat 1
6	1		rest
	2-3 ; 4		two stamps w.w. with L; rest (cycle back)
7-8			reverse 5-6
: 1-8			repeat a

			b facing center
1	1-3		step with R to r. side; cross L back; R to r. side;
	4		little hop on R
2			reverse b 1
3	1-3; 4		three stamps w.w. with R ; rest
4			repeat b 1
5	1-3; 4		three stamps w.w. with L; rest
6			repeat b 2
7	1-2		two stamps w.w. R
	3-4		stamp with weight on the spot R ; rest.
8	1-4		reverse b 7
: 1-8			repeat part b

HORA DIN MUSCEL - Roumania

Dance	Muscel
music	2/4
introduction	two melodies
formation	mixed circledance; hands joined at shoulderlevel(W)

PATTERN

measure	count	direction	a
1	1-2	↔	step with R; hop on R; arms go down.
2,	1-2		step with L;hop on L; arms come up;
3	1-2		two running steps RL
4	1-2	↻	step with R;hop on R turning RLOD
5-8		↔	reverse 1-4
9-16			repeat 1-8
b			
1	1-2	↔	cross R over L ; step with Lto left
2-3			repeat b 1 2x
4	1-2		cross R over L:hop on R turning 1/2 outwards,(re- lease hands and join again,now facing out)
5-8			reverse footwork,still going CW,(at the end 1/2 turn r.shoulder facing in again)
9-16			repeat b
c			
1	1-2	↪	step with R to side-close L
2-3			repeat c 1 2x
4	1-2	↑	step R forward to the center;bounce
5	1-2	↓	step L back;bounce
6	1-2	↑	step R forward to the center;bounce
7	1-2	↓	two steps back L,R (free heel turning forward)
8	1-2		step back with L(free heel turning);stamp R.w.w
9-16			repeat c
d			
1-2		↗	diagonally to the right running steps RLR-hop R turning
		↻	to face RLOD
3-4		↘	diagonally to the right going back run LRL;hop L tur-
		↻	ning to LOD
5-16			repeat d

KOFTOS - Greece

Dance Epirus
 music 2/4
 introduction 8 bars
 formation linedance or circledance. Hands joined at shoulder level,
 W-hold, facing LOD

PATTERN



measure count

1	1	hop on L on the spot
	&	step with R to the side
	2	step with L crossing bkwd, going LOD
	&	step with R to the side
2	1	hop on R
	&	step with l crossing over R(LOD)
	2	close R to L
	&	step with L crossing over R
3-6		repeat 1-2
7	1	hop on L
	&	step with R to the side
	2	step with L crossing bkwd
	&	jump on two feet(open) arms go down
8	1	jump on two feet,(close) arms go up again
	2	rest

MAVROMATA - Greece

Dance N.O.Thracia
 name dark-eyed
 music 2.4
 formation linedance, cross-hold at the back. L over R

PATTERN

measure count direction

1	1-2	↔	two steps in LOD R L
2	1		step with R facing center
	2 &	☐	bounce twice, L.toe behind R.knee
3	1		step with L in place
	2 &		bounce twice; R.toe behind L.knee
4	1		step with R in place
	2 &		bounce once; cross L back
5	1 &	↔	step R to right side; cross L over
	2 &		step R to right side; cross L over.

Shoulders move constantly, wiggle-waggle.

TSAKONIKOS- Greece

Dance Peloponnesos.
 music 5/5 noted as 1 2 3 4.
 formation line, close to neighbour, arms bent, elbows joined at the side, R. over L
 information During the Turkish domination the Greek woman danced this dance, children on their arms, one by one disappearing in the precipice avoiding a life under Turkish rules: or: the thread of Ariadne leading Theseus out of the labyrinth of the Minotaurus on Crete.

1	1-2	↔	step with R to the side; cross L over
	3-4		repeat
2-8			repeat 7 x
9	1-2		as 1
	3-4.		R to the side; hop on R; L crosses over
10-16			repeat 9-10 7 x