

MEMEDE (MEH-meh-deh)

RECORD WT-LP-64701 Meter: 7/16---- indicated in notes as 1, 2, 3, 4, (S, S, Q, S)

FORMATION: Broken circle, hands joined and held at shoulder height, elbows bent (W-position)

Meas PATTERN

4 INTRODUCTION (Drum Beats)-

PART I

- 1 Facing and moving in LOD, step on R heel (Ct 1), roll onto full Rft (Ct &), step on L heel (Ct 2), roll onto full Lft (Ct &), step R (Ct 3), step L (Ct 4)
- 2 Facing ctr, lift on Lft and touch R heel sdwd R (Ct 1), shift wt onto full Rft, L knee bent and raised diag back to L (Ct 2), step fwd on L in front of R (Ct 3), step back on R (Ct 4)
- 3 Lift on R (Ct 1), step slightly sdwd on L (Ct 2), step fwd on R in front of L (Ct 3), step back on L (Ct 4)

*Variation for meas 3

- Hop on R ft (slow) (Ct 1)
- Hop on R ft (quick) (Ct 2)
- Step on L ft in place (quick) (Ct &)
- Step on R ft in front of left (quick) (Ct 3)
- Step on L ft in place (slow) (Ct 4)

- 4 Lift on L, R knee bent and raised in front of L leg (Ct 1), step R next to L (Ct 2), lift on R, L knee bent and raised in front of R leg (Ct 3), step L across R (Ct 4)

5-36 Repeat action of meas 1-4 eight more times

PART II

- 1&2 Repeat action of meas 1-2, Part I, lowering hands at beginning of meas 1, and raising them to shoulder height at beginning of meas 2
 - 3 Hop on R, L knee bent and raised in front of R leg (Ct 1), step sdwd L on L (Ct &), step R behind L (Ct 2), hop on R, L knee bent and raised in front of R leg (Ct 3), step L next to R (Ct 4)
 - 4 Repeat action of meas 3. Part II, reversing ftwk and direction
 - 5 Repeat action of meas 3, Part II, but step L across R on Ct 4
- 6-25 Repeat action of meas 1-5, Part II, four more times
- 26 Repeat action of meas 1, Part II, finishing with R knee bent and raised in front of L leg on Ct 4