Adana

(Macedonia)

Adana is from Macedonia – the region of Povardaria around the capital of Skopje. This men's dance is often referred to as "Oroto - Adana", which means "the dance Adana." There is no connection with the Turkish town with the same name.

Pronunciation: AH-dah-nah

CD: CD 1104/08, Band 9 4/4, 4/8 meter

Formation: Open line or circle, face center, hands on shoulders in T-pos (R-hand behind), R-foot free.

Styling: Proud, with much balance and fast feet at the end.

Meas	Pattern
	INTRODUCTION None. 1st time skip meas 1-4 and start with meas 5.
	I. SLOW PART
1	Step on R in place (cts 1-2); slowly stretch R-knee, bring L-thigh in horizontal pos (cts 3-4).
2 1	Bend R-knee (ct 1); stretch R-knee (ct 2); repeat cts 1, 2 (cts 3,4).
3-4	Repeat meas 1-2 with opp ftwk (beg with step L).
5-8	Repeat meas 1-4.
9	Face "half-R" and step on R in LOD (cts 1-2); slowly stretch R-knee, bring L-thigh in horizontal pos (cts 3-4).
10	Step on L (cts 1-2); slowly stretch L-knee, bring R-thigh in horizontal pos (cts 3-4).
11-20	Turning to face ctr repeat meas 1-10.
21-24	Repeat meas 1-4.
	II. MIXED PART
1	Facing "half-R," hop on L (ct 1); step on R in LOD (ct 2); hop on R (ct 3); step on L (ct 4).
2	Facing ctr, hop on L (ct 1); bounce on L (ct &); step on R in place (ct 2); step on L in front of R (ct 3); step bkwd on R to place (ct 4).
3	Repeat meas 2 with opp ftwk.
4-5	Repeat meas 2-3.
6	Repeat meas 1.
7-14	Repeat Part I, meas 1-8, beginning with a leap onto R.
15-19	Repeat Part II, meas 1-5.
	III. FAST PART
1-5	Repeat Part II, meas 1-5.

In the traveling part: make a whole turn CW after a signal of the first dancer.

Presented by Paul Mulders