

Fýsouni

Epirus, Greece

Taught by Kostas Mitsis

Opa in the Desert 2006; Notes ©Andrew Carnie, 2014

Meter 9/8 (QQQS)

Formation: Shoulder Hold

Bar 1 Step RLR in LOD (QQQ) kick L (S)

Bar 2 Step LRL in RLOD (QQQ), Kick R (S) facing center

Bar 3 Facing center, step R to R (Q), kick L (Q), step L to L (Q), kick R (S)

Bar 4 repeat 3 with opp ftwork & direction

Variations:

a) can turn CW on 3 steps

b) can also go in and out instead of in LOD

notes by Andrew Carnie, 2006

