

**KOKONESHTA**  
**Rhythm 2/4**  
**From Shopluk**

The dancers form closed circle, facing center. Hold down the hands. “Kokoneshta” is “Horonadvestrani”- two sides dance. The meaning of it is, that each figure we dance to right and left side with opposite footwork.

**Figure 1–12 meas.-with the song – facing center**

Meas.1

1.Step on R ft to R side, while turning the body facing L side

2.Close L ft next to R ft

Meas.2

1.Step on L ft to L side, while turning the body facing R side

2.Close R ft next to L ft

Repeat Meas.1 and 2 – 3 times.

Meas.7 – facing center

1.Step on R ft to R side

2.Step on L ft behind R ft

Meas.8

1.Step on R ft to R side

2.Touch L toes fwd

Repeat Meas.7 and 8 – 3 times

**Attention!** When we repeat Figure 1, we start with L ft to L side.

**Figure 2 – 8 meas.**

Meas.1 - **facing R side**

1.Step on R ftfwd

2.Step on L ftfwd

Meas.2 - **facing R side**

1.Lean onto R ftfwd

+ Lean onto L ftfwd

2.Lean onto R ftfwd

Meas.3 – **facing center**

1.Hop on R ft

+ Step on L ftkwd

2.Step on R ft in place

Meas.4 – **facing center**

1.Hop on R ft

+ Step on L ftfwd

2.Step on R ft in place

Meas.5,6 – same as Meas.1,2, but with opposite footwork and to L side

Meas.7 – **facing center**

1.Hop on L ft, while kicking fwd with R ft with straight knee

+ Step on R ft next to L ft

2.Step on L ft in place

Meas.8 – same as Meas.7

**Figure 3** – 8 meas.

Meas.1 - **facing R side**

1.Step on R ftfwd

2.Step on L ftfwd

Meas.2 – **facing R side**

1.Leap onto R ftfwd to R side

+ Step on L ftfwd to R side

2.Leap onto R ftfwd to R side

+ Step on L ftfwd to R side

Meas.3– **facing R side**

1.Leap onto R ftfwd to R side

+ Step on L ftfwd to R side

2.Leap onto R ftfwd to R side

Meas.4– **facing center**

1.Hop on R ft

+ Step on L ftbkwd

2.Step on R ft in place

Meas.5 – **facing center**

1.Stamp on L heel fwd, while lifting on R ft

+ Lift on R ft, while holding up L knee

2.Step on L ft next to R ft

Meas.6,7 – same as Meas.5, alternating the feet and footwork

Meas.8

1.Step on R ftbkwd

+ Step on L ft in place

2.Step on R ft next to L ft and turning to L side

**Attention!** When we repeat Figure 3, we always change the direction and the footwork. To R side we start with R foot. To L side we start with L foot.

**Sequence** : Introduction – 10 meas.

Figure 1 – 12 meas. – 2 times;

Figure 2 – 8 meas. – 2 times;

Figure 1 – 12 meas. – 2 times;

Figure 2 – 8 meas. – 2 times;

Figure 1 – 12 meas. – 2 times;

Figure 2 – 8 meas. – 2 times;

Figure 3 – 8 meas. – repeat it to the end of the melody!

