**Regional Kurpian Dance – An Old Lady – instruction for the video.**

**Step 1. All dancers (pairs) move forward to take a position in each corner of the square.**

**Step 2.** **The dancers move to the centre of the circle in four steps: one, two, three – pat, four –pat and back in the same way. Then they turn around in four steps. They do it twice. After that the dancers turn round in the corners in four steps and two pats twice.**

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**Step 3. The dancers dance forward again to take the opposite corner of theirs. When they do that, they turn round in four steps twice again. They pat in step three and four**.

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**Step 4. The dancers come back to their original places and turn round as before.**

**Step 5. The dancers repeat step 2 going to the centre of the circle in four steps and back, then turn round in the corners.**

**Step 6. The dancers move to the centre of the circle again in four steps and then in the centre of the circle two girls change partners: the girl from the right bottom corner and the opposite one from the left up corner. Then they all go back to the corners and move round twice as before.**

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**Step 7. The dancers move to the centre of the circle once again and the two other girls change partners: the one from the right top corner and the one from the left bottom. Then they all come back to the corners again and turn round twice, like before**

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**Step 8. The pairs move towards themselves along the top and bottom lines of the square, they meet in the midway and girls change partners, then they move back to the corners and turn round twice.**

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**Step 9. The pairs move towards themselves again, but this time, along the left and right lines of the square, they meet in the midway and the girls change partners again, they are now all in the original pairs. Then they move back to the corners and turn round twice.**

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**Step 10. The dancers repeat step 2.**

**Step 11. The dancers move around the circle twice and form the starting position to end the dance.**

**Go round twice**

**That’s the end of the dance. Everyone can change the order of the steps as they wish. Have fun!!!**