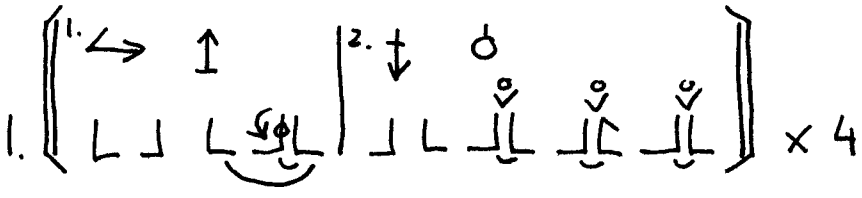
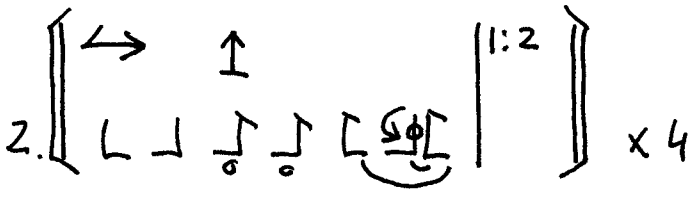
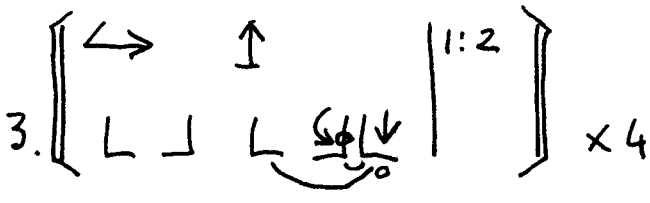
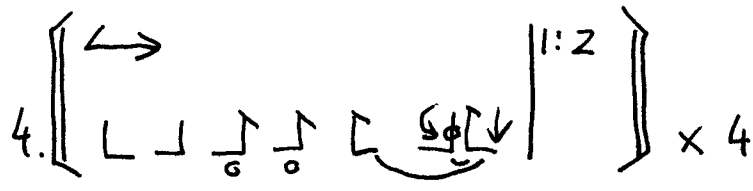
# ISTE HENDEK

**Oversettelse:** Grav en grøft
**Land:** Tyrkia
**Taktart:** 4/4
**Dansetype:** For kvinner og menn
**Formasjon:** Korte rekker
**Håndfatning:** Hender nede, hold hender, skuldre sammen, rette armer
**Stil:** På fireren i takt 1 i fig. 1 og 2: Overkroppen rett opp
På fireren i takt 1 i fig. 3 og 4: Overkroppen bøyd fram
**Vår/min kilde:** Lee Otterholt, Tromøya 1985
**Forspill:** 8 takter
**Turordning:** for eksempel 1-2-3-4 etc




Kåre Lyngnes 2006