

KASTRINÓS
(Crete, Greece)

The Kastrinós is from the town of Iráklion in Crete. The name derives from the word "cástro" (castle or fort) and the famous old cástro of Iráklion. Other names for this line dance are: Irakliótikos, Malevyziótikos, and Sitiakós.

Pronunciation:

Record: Society for Dissemination of National Music #114
Side A/5 2/4 meter

Formation: Men and women are in a line or broken circle with hands joined at shldr level, elbows bent and down.

Styling: This is a fast, happy, and peppy dance. It is similar to some of the sousta (springy) dances which are common to the Greeks of the Aegean islands.

<u>Meas</u>	<u>Cts</u>	<u>Pattern</u>
1	d d d	Dancers facing to the right. Step to R (LOD) on R ft. Step on L ft (close to R). Step on R ft.
2	d d d	Step fwd (LOD) on L ft. Step on R ft (close to L). Step behind R on L ft (turning to face ctr).
3	d d	Step to R on R ft (facing ctr). Hop on R ft (or flex R knee). The L ft can be lifted next to R ankle, or behind R leg, or in front of R ft.
4-6		Repeat meas 1-3 with opp ftwk and direction
		Note: This version is usually done to faster tempo melodies.

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