

KOTS
(Greece)

The word "kots" means "heel" and thus is an appropriate name for a dance featuring use of the heel. This dance is done primarily in the province of Trapezounda and was originally performed by men only.

Pronunciation: Kohtsch

Record: Pontic Dances - Dances of the Pontic Greeks
#PD - 1234, 33-1/3 extended play. 4/4 meter.

Formation: Hand hold.

Meas

Pattern

- 1 Traveling LOD step R, hop, step L, hop, step R, hop.
In place touch L heel to floor, hop.
Arms swing in rhythm with steps; fwd, bkwd, fwd, up.
- 2 In place touch L heel to floor again, hop, step L, hop,
touch R heel to floor, hop, repeat R heel touch to floor,
hop and bring arms down at the same time.

Repeat entire sequence.

Presented by Nikos Savvidis