

SARIGOUZ
(Greece)

This is from Podos.

Pronunciation:

Record: LP VAS 233 "Ta Horeftika Tou Sotiraki" 9/16 meter

Formation: Open circle, dancers hands joined in V pos.

Pattern

Moving in LOD, beg with R, step R,L,R (Q,Q,S);
L,R,L (Q,Q,S). Repeat

Face ctr and step in place bending knees, R,L,R
(Q,Q,S); L,R,L (Q,Q,S).

Repeat from beginning.

VARIATION:

Raise joined hands arms outstretched fwd, face ctr.
Travel fwd R,L,R (Q,Q,S); L,R,L (Q,Q,S).

Step fwd on R ft, both knees bent, hands quickly
lowered and raised.

Step bkwd on R ft, both hands quickly lowered and
raised.

Travel bkwd L,R,L; R,L,R; L,R,L - all in Q,Q,S rhythm.

Repeat from beginning

Presented by Nikos Savvidis