

ZAGORITIKO
(Greece)

Record: "Songs and Dances of Epirus" Tardonia A. H. Records LP 1

Formation: Hands held at shoulder level. Women's dance.

Rhythm: 5/8 counted Q, Q, Q, S or 1, 2, 3, 4. Ct 4
is underlined as it is longer (2/8).

<u>Measures</u>	<u>Pattern</u>
	<u>L</u>
1	Touch L in front of R (ct 1), touch L to L side (ct 2), step L in front of R (ct 3), bring R up behind L so that R ankle is touching diag across back and inside of L leg (ct 4).
2	Face R, step R to R (ct 1), step L to R (ct 2), step R to R (ct 3), step L to R (ct <u>4</u>).
3	Face ctr, bring R around to step twd ctr of circle and drop the wt onto it heavily with slight knee bend (ct 1), step on L directly behind R (ct 2), step R back from ctr (ct 3), raise L almost straight knee in front of R (ct <u>4</u>).
4	Face R and walk bwd, step L to L moving diag back to the L (ct 1), step on R diag behind L (ct 2), step on L to L (ct 3), close R to L (ct 4).
	<u>M styling</u>
1	Touch L in front of R (ct 1), lift L to L side (ct 2), step L in front of R (ct 3), bring R up behind L knee (ct <u>4</u>).
2	Same step as for W.
3	Same as for W (ct 1), same as for W (ct 2) Drop heavily onto R directly behind L (ct 3), stamp L and lift until thigh is parallel to ground (ct <u>4</u>).
4	Same as for W.

Presented by: Sonny Newman