

ZAGORISIOS

Source: Giorgos Roumpis

Origin: The Zagorisis is performed by men and women in the whole region of Epirus, and especially in the area of Zagori, where the dance name derives. Zagori is a large mountainous area in the northwest coast of Greece.

Rhythm: 5/8 - counted as follows - 1, 2, 3, 4, pause, 5, 6, 7, 8 pause...etc. Counts 1, 5, 9 etc. emphasized and slightly less on 4, 8, 12, 16 etc.

Formation: Either in "V" or "W" position, the latter being the most common.

<u>Counts</u>	<u>FIG. 1</u> - Facing to the centre of circle
1, 2	L leg bends at knee, crossing over R knee while L leg bounces twice
3	L leg steps toward centre of circle
4	R leg bends at knee, stepping on toes behind heel of L foot. Pause
	<u>FIG. 2</u> - Facing diagonally to the R, w/slight pulse vibration of torso
5	R leg steps to R, w/toes pointing towards LOD
6	L leg crosses over R and steps w/foot pointing toward LOD
7-8	REPEAT counts 5-6, pause
	<u>FIG. 3</u> - Facing to the centre of circle, turning diagonally R on count 12
9-10	R leg bends at knee, crossing over L knee while R leg bounces twice
11	Step BKWD on R foot and slightly to R w/whole foot on ground (full weight)
12	L leg bends at knee, crossing over R knee while L leg bounces, pause
	<u>FIG. 4</u> - Facing diagonally to the R (counts 13 and 14)
13	Step on L leg in RLOD
14	Step on R leg in RLOD, crossing behind L
15	Step to L on L foot (to a wide stance), while torso turns to face centre of circle
16	Step on R leg to L, next to L foot. Pause

