

Zonaradikos

(Greece)

Zonaradikos (meaning "belt hold") is akin to the Bulgarian Thracian Pravo Horo and its variations such as Čestoto, Čapraz, etc. The Greeks of Monastiri are descendents of Greeks from Bulgaria who resettled in the Volos region of Thessaly as a result of population exchanges after the Balkan wars of the early part of the 20th century. They also call this dance Chesto. The dance was learned from Margarethe Mahkorn, Jannis Pranthidis, Lykion of Volos.

Pronunciation: behr-AH-tees

Music: Camp tape or any favorite Zonaradikos

Rhythm: 6/8 meter, counted 1-2-3 (ct 1), 4-5-6 (ct 2).

Formation: Open circle with leader at R, hands in W-pos and/or belt hold (L over R) in short lines.

Meas

Pattern

I. BASIC

- 1 Moving diag fwd R, step fwd on R (ct 1); step fwd on L (ct 2).
 - 2 Step fwd on R (ct 1); bring L ft fwd and through while bouncing slightly on R ft (ct 2).
 - 3 Step fwd on L (ct 1); bounce slightly on L (ct 2).
 - 4 Step diag bkwd R on R and push arms straight fwd and then swing down (ct 1); step bkwd on L, arms continue down and back (ct 2).
 - 5 Step bkwd on R and bring arms fwd and back up (ct 1); bounce slightly on R and continue to bring L ft back and arms to W-pos (ct 2).
 - 6 Step bkwd on L (ct 1); bounce slightly on L (ct 2).
- Note: Some dancers do a slight kick fwd with the free ft during the bounce (cts 2 of meas 5, 6).

II. VARIATION WITH SQUAT "KATO"

- 1-4 Repeat Fig I, Basic, meas 1-4.
- 5 Step bkwd on R as arms return to W-pos (ct 1); leap onto L in place or bkwd, raising R knee up (ct 2).
- 6 Squat onto both ft with R ft fwd of L ft (ct 1); come up with wt on L (ct 2).

III. VARIATION ON BASIC WITH STAMPS

- 1 Stamp R ft fwd with wt (ct 1); close L to R (ct 2); scuff R ft fwd (ct &).
- 2-6 Repeat Fig II, Kato, meas 2-6, except step on R ft fwd with accent (meas 2, ct 1).

IV. VARIATION WITH JUMP-CLOSE

- 1 Very small step fwd on R heel as L toe slides fwd on floor (ct 1); rock back onto L ft (ct 2).
- 2 Tap R heel fwd (ct 1); step fwd onto R ft (ct 2).
- 3 Tap L heel fwd (ct 1); jump onto both ft, shldr width apart (ct 2).
- 4 Close ft sharply together as arms push fwd (ct 1); step back on L, arms swing down and bkwd (ct 2).
- 5-6 Repeat Fig I, Basic, meas 5-6 with slight fwd kick during bounces.

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Va. CROSSOVER WITH SQUAT ENDING

- 1 Step on R across and in front of L (ct 1); step on L to L (ct 2).
- 2 Step on R across and in front of L (ct 1); lift on R and bring L around and in front of R (ct 2).
- 3 Step on L across and in front of R (ct 1); jump onto both ft, shldr width apart (knees bent) (ct 2).
- 4 Leap slightly bkwd onto R (ct 1); step bkwd on L (ct 2).
- 5-6 Repeat Fig II, Kato variation, meas 5-6.

Vb. VARIATION ON BASIC WITH STEP SCUFFS

- 1 Step fwd on R (ct 1); scuff L ft fwd (ct &); step fwd on L (ct 2); scuff R ft fwd (ct &).
- 2 Step fwd on R (ct 1); scuff L heel fwd (ct &); hop on R (ct 2); step on L across in front of R (ct &).
- 3 Jump onto both ft together (ct 1); hold (ct 2).
- 4 Hop on R in place (ct 1); step bkwd on L (ct 2).
- 5 Step bkwd on R (ct 1); small bounce on R (ct 2).
- 6 Step bkwd on L (ct 1); small bounce on L (ct 2).

VI. CLICK

- 1 Rock diag fwd R on full R ft (ct 1); rock bkwd onto full L ft (ct 2).
- 2 Step fwd on R lifting L ft up and back slightly (ct 1); hop on R and kick L ft fwd (ct 2).
- 3 Step fwd on L (ct 1); facing L of ctr, hop on L in place and bring R ft fwd and out to diag R side (ct 2).
- 4 Click-close R ft to L ft (taking wt) (ct 1); step bkwd on L (ct 2).
- 5-6 Repeat Fig I, Basic, meas 5-6, except on bounces, kick free ft fwd.

VII. HEEL-CLICKS, FORWARD KICK

- 1 Draw R back with a low, scissor-like step and kick L ft low and fwd (ct 1); draw L ft back with a low, scissor-like step and lift R out slightly to R side (ct 2).
- 2 Click-close R ft to L ft (ct 1); transfer wt onto R and lift L ft slightly out to L side (ct 2).
- 3 Click-close L ft to R ft (ct 1); kick L ft fwd low in a bkwd bicycling movement (ct 2).
- 4 Continuing bkwd bicycling, lift on R in place (ct 1); step bkwd on L (ct 2).
- 5 Step on R in place, knee slightly bent (ct 1); tap ball of L beside R with a moment of shared wt (R leg is extended) (ct &); step or lower onto R in place, knee slightly bent (ct 2); optionally, strike L heel beside and slightly in front of R (ct &).
- 6 Repeat meas 5 with opp ftwk.
Note: These steps are essentially Pas de Basque steps with a heel strike at the end, or what Thracian Bulgarians refer to as Tropoli, Tropoleno, Na Mjasto.

VII. ROCK, LIFT KICK

- 1 Rock fwd R onto R (ct 1); rock back onto L (ct 2).
- 2 Step fwd on R (ct 1); raise L knee fwd and in front, upper thigh parallel to the ground, ft hanging but slightly fwd of R knee (ct 2).
- 3 Hold on R (ct 1); kick L fwd, straightening knee (ct 2).

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- 4 Lift on R and bring L around and to back (ct 1); step bkwd on L (ct 2).
- 5 Step on R in place (ct 1); tap L toe beside R (ct &); tap L heel beside R (ct 2).
- 6 Step on L in place (ct 1); close-click R to L (ct 2).

IX. CLICK, LIFT RIGHT, LIFT KICK

- 1 Click-close R ft to L ft (ct 1); hold (ct 2).
- 2 Hop on L as R kicks across L (ct 1); step fwd on R (ct 2).
- 3 Lift L knee fwd and up, thigh parallel to ground, knee bent (ct 1); kick L fwd (ct 2).
- 4 Step bkwd on R, L (cts 1,2).
- 5 Step on R in place (ct 1); tap L toe beside R (ct &); tap L heel beside R (ct 2).
- 6 Repeat meas 5 with opp ftwk.

Note: The Lykion group moves from W-pos to a belt hold starting with the Crossover with Squat Ending variation.

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