

ARVANITIKO (Epiros)

The name Arvanitiko means "Albanian" and is indicative of the mutual relationship in the folk idioms of southern Albania and the northeastern Greek province of Epiros. Southern Albania still has a large Greek minority population and several famous families of professional musicians in Epiros originated there. The tune Arvanitiko belongs to an old tradition of dance tunes similar to others such as - Frassia, Potamia, Dhipli Gaida, etc. which are played to start a long musical cycle which inevitably develops into a series of Sta Dhio or Poghonisio melodies. Source is as performed by the Lykion Ellinidhon Athinon troupe.

FORMATION: Open circle, traditionally men and women segregated, "W" arm hold or crooked elbow "angaze" hold.

METER: 4/4

PATTERN

Meas

- 1 Facing sl R of ctr, step L fwd LOD across R (1); step R fwd (&); step L fwd across R (2); step R fwd (3); Lift L up (4).
- 2 Step L fwd across R (1), step R fwd (&); step L fwd across R (2); swing R up & in front of L (3); swing R back behind L (4).
- 3 Step R in place (1); rock weight bk onto L (&); rock weight bk onto R (2); step L bk RLOD (3); rock weight bk onto R (4).
- 4 Step L fwd across R (1); hold (2); step R fwd (3); Lift L up (4)

STA DHIO

- 1 Step L fwd across R (1); hold (2); step R fwd (3); step L fwd across R (4).
- 2 Step R fwd (1); hold (2); step L fwd behind R (3); step R fwd (4).

Presented by Joe Kaloyanides Graziosi at the Laguna Folkdancers Festival 1997