

KOFLOS -- Epirus (Northern Greece)

Translation: To cut.









Record: Colonial LP-245.

Starting position: "W" position.

Rhythm: 2/4 (Slow, quick, quick)

Palamakia is a dance brought to Greece from Western Europe. It is found in many forms and many countries, and was the rage of its day. Koftos is the Epirotic version of the Syrtos and can still be seen in the villages of Epirus today.

Meas.

- | | | |
|-----|---|---|
| | | Slight lift on L ft, (the "ah" of the preceding beat) to: |
| 1 |  | Facing ctr, step sdwd R on R ft (ct 1). |
| |  | Cross and step on L ft in back of R (ct 2). |
| |  | Turning to face slightly R, step fwd on R ft (ct &). |
| | | Slight lift on R ft (the "ah" of the preceding beat) to: |
| 2 |  | Continuing R, step fwd on L ft (ct 1). |
| |  | Step fwd on R ft (ct 2). |
| |  | Step fwd on L ft (ct &). |
| 3-6 | | Repeat meas. 1 and 2 twice. |
| 7 |  | Repeat meas. 1. |
| 8 |  | Feet together, jump on both feet in place (ct 1) hold (ct 2). |

Repeat pattern.

Often the lead dancer will move to ctr of circle and turn CCW, using same step as above, and after the stop (meas 8) will join the end of the line and the new leader will proceed to turn to turn in the ctr.

Description by Dennis Boxell. Abbreviations added to fit U.O.P. syllabus format.

Presented by Dennis Boxell.