

PENTOZALIS (ZAG)
(Crete, Greece)

SOURCE: This is from the island of Kriti (Crete) and is one of their most popular dances. The name is supposed to describe the five steps of the dance, pento meaning five, and zala referring to the steps. (Zala also means dizzy or giddy, so often pentozali is translated as "five dizzying steps.") All of the steps are springy.

MUSIC: Record - Greek Folk Dances - Folkraft LP 3; Chorodrama "Pentozali"; NINA LP "Aegean Echoes". Any good pentozalis can be used. 2/4 meter.

FORMATION: A broken circle with arms on the shoulders.

CHARACTERISTICS: It is better if the men and women dance separately, but it is perfectly correct for the lines to be mixed. The only thing is that the men can make their steps much more leaping and large and it is difficult for the women to dance with appropriate feminine styling while next to men who are leaping about. This dance can be done either calmly, or with great vigor.

MUSIC: 2/4

PATTERN.

MEAS - CTS

SIGANO PENTOZALI

BEGINNING VARIATION (INTRODUCTION)

- | | | |
|---|-----|--------------------------|
| 1 | 1 | Step sqwd to R on R ft |
| | 2 | Swing L ft in front of R |
| 2 | 1,2 | Step fwd on L ft |
| 3 | 1 | Step bwd on R ft |
| | 2 | Swing L ft in front of R |
| 4 | 1 | Step to L on L ft |
| | 2 | Swing R ft in front of L |

When music speeds up, or the excitement has built up, the regular basis step is begun.

BASIC STEP

- | | | |
|---|----|---|
| 1 | 1 | Step sqwd to the R on the R ft |
| | 2& | Hop on the R ft |
| 2 | 1 | Step sqwd to the L on the L ft |
| | 2& | Hop on the L ft |
| 3 | 1 | Leap on the R ft to the R, bending the R knee |
| | 2 | Step to the L on the L ft |

continued...

PENTAZALIS (Cont'd)

MEAS CT

3 & Step across in front of the L ft on the R ft

4 1 Step back (in place) on L ft

2 2 Step scwd to the R on the R ft

& Step across in front of the R ft on the L ft

VARIATION I

2 Step fwd on the L ft, bending the R leg with the R ft behind the L knee.

VARIATION II (M with large scissors kick; W with small movement)

4 1 Leap onto the L ft, kicking the R ft high in the air

2 2 Leap onto the R ft as the L ft follows in a high kick across in front of the R ft

& Step on the L ft

VARIATION III

4 & L ft may either step behind the R ft or next to the R ft

Presented by John Pappas
Idyllwild Workshop - 1979