

## PENTOZÁLIS

(Greece - Kriti)

Source: This is from the island of Kriti and is one of their most popular dances. The name is supposed to describe the five steps of the dance, pénto meaning five, and zála referring to the steps. (Zála also means dizzy or giddy, so often pentozáli is translated as "five dizzying steps".) All of the steps are springy. The dance is described in these three books:

Greek Folk Dances, M. Vouras and R. Holden, (New Jersey, 1965)  
Elliniki Hori, V. Papahristo, (Athinae, 1960)  
Folk Dances of the Greeks, T. and E. Petrides, (New York, 1961)

Music: The music is in 2/4 time. Any good pentozalis can be used.

Greek Folk Dances, Folkraft LP 3  
Chorodrama "45" "Pentozáli"  
Fez 710-B

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. The dance can be done either calmly, or with great vigor.

### BASIC STEP

Meas. cts. 2/4 time

I	1	Step sdwd to the R on the R ft.
	2&	Hop on the R ft, swing L ft across R ft.
II	1	Step sdwd to the L on the L ft.
	2&	Hop on the L ft, swing R ft across Lft.
III	1	Leap to the R on the R ft, bending the R knee.
	2	Step to the L on the L ft.
	&	Step across in front of the L ft on the R ft.
IV	1	Step back (in place) on L ft.
	2	Step sdwd to the R on the R ft.
	&	Step across in front of the R ft on the L ft.

### VARIATION

In meas. II, step fwd on the L ft, bending the R leg with the ft behind the L knee.

### VARIATION

In meas IV, the last two steps (2,&) can be done as a large scissors step. On ct 1 of meas IV, leap onto the L ft kicking the R ft high in the air. Leap onto the R ft as the L ft follows in a high kick across in front of the R ft.