

# PIDIKHTÓS EPÍROU — Epirus

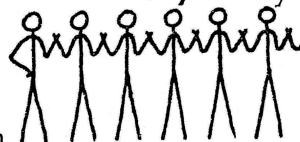
Πηδῆχτὸς Ἑπείρου

(line dance for men, no partners)

**Translation:** Pidikhtos (Leaping) dance, from Epirus.

**Starting Position:** "W" position. Right foot free.

**Rhythm:** 4/4



## Measure

### VARIATION I — Basic

- 1 ♩ Facing slightly and moving right, STEP FORWARD on RIGHT foot (counts 1-2),  
 ♩ A slight LEAP FORWARD on LEFT foot (count 3),  
 ♩ HOP slightly FORWARD on LEFT foot (count 4).
- 2 ♩ REPEAT pattern of measure 1.
- 3 ♩ Turning to face center, STEP SIDEWARD RIGHT on right foot (count 1),  
 ♩ BEND AND STRAIGHTEN RIGHT KNEE (counts 2-and),  
 ♩ CROSS AND TOUCH LEFT HEEL, leg straight, in FRONT of right foot (count 3),  
 ♩ BEND AND STRAIGHTEN RIGHT KNEE (counts 4-and).
- 4 ♩ STEP SIDEWARD LEFT on left foot (counts 1-2),  
 ♩ HOP TWICE on LEFT foot IN PLACE bending right knee to raise right foot up in back (counts 3-4).

### VARIATION II

- 1 ♩ Facing slightly and moving right, JUMP forward and way DOWN on BOTH feet, squatting (counts 1-2),  
 ♩ Stand up and HOP TWICE slightly FORWARD on LEFT foot (counts 3-4).
- 2 ♩ REPEAT pattern of measure 1.
- 3-4 As I above.

### VARIATION III

- 1 ♩ Facing slightly and moving right, STEP FORWARD on RIGHT foot (counts 1-2),  
 ♩ JUMP forward and way DOWN on BOTH feet, squatting (counts 3-4).
- 2 ♩ Stand up and HOP TWICE slightly FORWARD on RIGHT foot (counts 1-2),  
 ♩ STEP FORWARD on LEFT foot (counts 3-4).
- 3 ♩ JUMP forward and way DOWN on BOTH feet, squatting (counts 1-2),  
 ♩ Stand up and HOP TWICE slightly FORWARD on RIGHT foot (counts 3-4).
- 4 ♩ STEP FORWARD on LEFT foot (counts 1-2),  
 ♩ Turning to face center, CLOSE AND TOUCH ball of RIGHT foot beside left (counts 3-4).
- 5-6 REPEAT pattern of measures 1-2.
- 7-8 REPEAT pattern of Variation I measures 3-4.

### VARIATION IV

- 1-2 As I or II above except PAIRS of men join right hands and TURN counterclockwise while facing each other, left hand in small of own back.
- 3 ♩ STEP SIDEWARD RIGHT on right foot (counts 1-2),  
 ♩ HOP TWICE on RIGHT foot IN PLACE, bending left knee to raise it high in front (counts 3-4).
- 4 ♩ REPEAT pattern of measure 3, reversing direction and footwork.