

STA - TRIA

SOURCE : This dance is one of the most basic of the Greek dances. The form is found in many Greek dances. It is danced in Epirus, Thessaly and Western Macedonia. It is danced as a mixed dance, although the men often separate to do show-off steps.

4/4 M & W separate lines, hands on shoulders

PATTERN

Basic

- 1 Step R to R.
- 2 Step L over R.
- 3 Step R to R.
- 4 Point L heel slightly fwd.
- 5 Step to L with L.
- 6 Point R heel slightly fwd.

Var. 1

- 1 Step R to R.
- 2 Step L over R.
- 3 Step R to R.
- 4 Squat both ft.
- 5 Rise and turn ccw on L ft.
- 6 Point R heel slightly fwd.

Var. 2

- 1 Step R to R.
- 2 Step L over R.
- 3 Step heavily on R leaving L in place.
- 4 Step on R close behind L.
- 5 Step to L with L bringing R in front of L.
- 6 Quickly bring R behind L knee.

STA-TRIA

