

popular

STA TRIA

SOURCE: This one of the most dances of Epirus, and also danced in Macedonia. The particular form is found in various dances throughout Greece. but like dance forms they are characterized by the particular style of each region. Here this is common of Macedonia form. It is danced as a mixed dance, and the men often separate when they begin doing deep knee bends.

FORMATION: Arms at shoulders, holding the shoulders as they are linked together. All dancers follow in same step, except when leader frees himself in order to execute some turns.

RECORD: songs of Macedonia 45

4/4

PATTERN

- Meas. , FIG A
- 1 Step R ft to R ct 1, Step L ft to R ct 2
- 2 Step R ft to R ct 3, Step L ft to R ct 4
- 3 Step R ft to R ct 5, Point L ft to R crossing front of R ct 6
- 4 Step R to L ct 7, Point R ft to L ct 8
- FIG B
- 1 & 2 Same as in FIG A
- 3 Step R ft to R and raise L leg (men high) women low
- 4 Step L ft to L and raise R leg
- FIG C
- 1 & 2 same as in FIG A
- 3 bring R ft together and squat on ct 5, raise L leg on ct 6
- 4 bring L ft together and squat on ct 7, raise R leg on ct 8
- FIG D
- 1 & 2 The same only let go of shoulder hold, drop arms and do two turns to the R CW
- 3 & 4 same as FIG B
- FIG E
- 1 Step R ft to R ct 1, Step L ft to R ct 2
- 2 Step on R ft to R ct 3, Step L ft to L in place ct 4
- 3 Bring R ft behind L ft ct 5, , step to L with L ft ct 6
- 4 Bring R ft swinging front of L high ct 7, swing R leg and bring it behind L knee ct 8

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