

TIK

(Upright-Pontus)

The most popular of the dances of Pontus, it can be done slow in 5/8 time or in the faster 5/16. The 5 in the 5/8 is divided 3/2 or slow-quick. The 5 can also be divided 2/1/2 or slow-quick-slow.

Record: PILPS-940, Record 3, side 3, band 2.  
Folkraft LP-8, Vol. 3, Side A, Band 4.

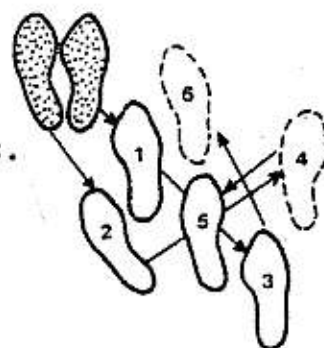


Rhythm: 5/8 for single Tik, 5/18 for double Tik

Starting position: V hold or inverted V hold.

MeasureSingle Tik

- |        |  |
|--------|--|
| 1-slow | Step on the Rt. ft. back and slightly Rt.    |
| quick  | Step on the L ft. back of the Rt.            |
| 2-slow | Step to the Rt. on the Rt. ft.               |
| quick  | Swing the L leg slightly out in front of Rt. |
| 3-slow | Step to the L on the L ft.                   |
| quick  | Swing Rt. leg slightly out in front of L     |

Variation I

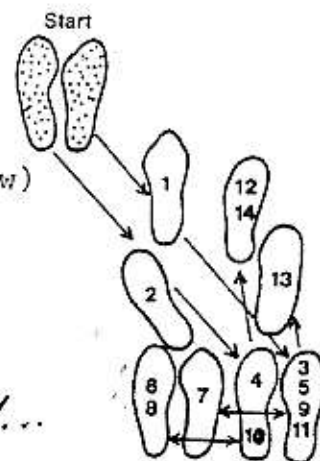
- |   |  |
|---|--|
| 1 | Same   |
| 2 | Two-step right sideward (slow-quick-slow)          |
| 3 | Two-step left diagonally forward (slow-quick-slow) |

Double Tik

- |   |  |
|---|--|
| 1 | Same as single Tik                                   |
| 2 | Same as single Tik                                   |
| 3 | Same as single Tik                                   |
| 4 | Step to the Rt. on the Rt. ft. (slow)                |
|   | Swing the L leg slightly out in front of Rt. (quick) |
| 5 | Step diagonally left forward with the L ft. (slow)   |
|   | Swing R ft. slightly forward of L (quick)            |

Double Tik-Variation I

- |   |   |
|---|---|
| 1 | Same  |
| 2 | Two-step sideward R (slow-quick-slow)           |
| 3 | Two-step sideward L (slow-quick-slow)           |
| 4 | Two-step sideward R (slow-quick-slow)           |
| 5 | Two-step L diagonally forward (slow-quick-slow) |



*Continued...*

TIK

Pronunciation: Teek

Style: Loose hand hold, head and body move freely

Starting Position, add to end of sentence: Closed circle preferred.

Add to right of meas: Cts - line 1 is ct 1; line 2 is ct 2; line 3 is ct 3; line 4 is ct 4; line 5 is ct 5; line 6 is ct 6 (Single Tik only)

Single Tik, meas 2, ct 4, delete and replace with: Touch L toe beside R.

Single Tik, meas 3, ct 5 change ~~to-the-L~~ to fwd  
 " " " " ct 6, delete and replace with: Touch R toe beside L

Double Tik, meas 4 line 2, delete the following: Swing....leg  
~~.....out-in-front-of....~~ change to read, Touch the L toe  
 slightly beside R (Q).

Double Tik, meas 5, line 2, delete the following: Swing....  
~~slightly-fwd-of....~~ change to read, Touch R ft slightly  
beside L (Q)

Add to bottom of page: Long Variation of Tik:

Meas 4, Ct 7 - Step R to R  
                   8 - Touch L beside R  
           5      9 - Step L fwd  
                  10 - Touch R beside L