

TSÁMIKOS (KLÉFTIKOS, ARVANÍTIKOS)
(Greece)

Source: This dance is panhellenic. It is done all over Greece. The name Tsámikos comes from the area Tsamouria in Epirus where the dance is said to have originated. The Tsámides, or people from this area are the originators of the dance. It is also called the Kléftikos because it was the dance par excellence of the Kléftes (Greek freedom fighters during the war for liberation from the Turkish domination). It is often called Arvanítikos because much of the area of the dance's origin is now enclosed by the Albanian borders. According to Papahristo, 2/3 of the inhabitants of this area are Greek Christians. It is described in these three books:

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

Music: The music is in 6/4 or 3/4 time. The dance can be done to any number of Tsámiko tunes. There are literally thousands of songs so I will just list a few of the classic ones.

"Aráhova"
"Aetós"
"Gólfo"
"Nasán tá Neiáta Dyó Forés"
"Stá Sálona"
"Papalábraina"
"Ílios"
"Káto Stóu Váltou"
"Itiá"
"Fengaráki"

Formation: A broken circle with hands joined at shoulder height, elbows bent and down. The hands should not be pushed forward into the circle, but should be comfortably back near the shoulders.

Characteristics: Originally danced only by men, the men's styling should reflect this. There can be leaps and large movements with the legs. The dance is heroic in tone. Women should dance proudly, but sedately -- their movements must be small. The leader can do variations; slapping the feet and turning etc. as his mood prompts him.

<u>Meas.</u>	<u>cts</u>	<u>Basic Step</u>	6/4 or 3/4 time
I	1,2	Step sdwds to the R on the R ft.	
	3	Step across in front of the R ft on the L ft.	
II	1,2	Step sdwds to the R on the R ft.	
	3	Step across in front of the R ft on the L ft.	

Continued...

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III	1,2	Step sdwds to the R on the R ft.
	3	Step across in front of the R ft on the L ft.
IV	1,2	Step sdwds to the R on the R ft.
	3	Hop on the R ft, swinging the L ft behind the R leg. (L ft should be about knee height and close to the back of the R knee for the M. For W, the hop is very slight, the L ft should be behind the R ankle.)
V	1,2	Step sdwd to the L on the L ft.
	3	Step across in front of the L ft on the R ft.
VI	1,2	Step sdwd to the L on the L ft.
	3	Hop on the L ft, swinging the R ft in front of and close to the R leg.

Abbreviations added to fit U.O.P. syllabus format.

Presented by John Pappas