

VARIS HASSAPIKOS

SLOW HASSAPIKUS (Sailer's Dance)

Music: Any good, not-too-slow, Slow Hassapikos melody. There are several good tunes on "Let's Dance the Syrtaki" - London SW-99519 Band 3, Side 2, is particularly good.

- #1 Step forward on L; swing R around in front of L, brush-draw R up in front of L knee, toe pointed slightly down; step back on R, raising L in front of R knee; step back on L, raising R in front of L knee; step back on R; step forward on L; step back on R; cross L over touching heel close to R, toe pointed slightly up.
- #2 Step forward on L; crossing in front, step R to left; step L to left; step R to left, going into a deep crouch, body turned slightly to the left; step R to right; step L to right (crossing in front); step R to right; cross L over, touching heel close to R, toe pointed slightly up.
- #3 Step forward on L; crossing in front, step R to left; step L to left; step R to left; swing L around and cross over R; step R to right; step L to right; lift-swing R around and cross tightly over L; slide L back; slide R back; slide L back; step R to right; step L forward; step R to right; cross L over, touching heel close to R, toe pointed slightly up.
- #4 Step forward on L; moving to left, step R in front, L to side, R behind, L to side, R in front; moving to right, step L in front, R to side; L behind, R to side, L in front; swing R around and go into a deep crouch; rise and, leaving L where it is, slide back on R toe into "splits" position; shift weight to L, coming into kneeling position, R knee touching floor; shift weight to R; step forward on L, raising R (knee bent) in back; step R back, lift L in front; step L back; lift R across in front; step R to right; step L forward; step R back; and (does this sound familiar?) cross L over, touching heel close to R, toe pointed slightly up.
- #5 (Affectionately known as the "Brief Respite" figure.)
- Step forward on L; swing R over, tight to L; slide back on L; slide back on R; slide back on L; slide back on R; slide back on L, step R to right; step forward on L; step R back, and cross L over, touching heel close to R, TFSU.
- #6 Step forward on L; moving to left, cross R over, step L, cross R over; swing L over and, moving to right, step L, step R, step L across R, step R across L, step L across R turning one half turn to your own right, close R to L shifting weight to R; moving to right, cross L over, step R, cross L over, swing R over and, moving to left, step R, step L, step R across L, step L across R, step R across L, step L across R turning one half turn to your own right; step on R; cross L over touching heel close to R, TFSU.

For Recreational Folk Dance purposes, it is suggested that you do each figure twice, repeating the sequence as often as necessary. In a true Greek situation, the number of times each figure would be repeated and the sequence of figures will be at the whim of the leader. Girls do a "subdued" version of the dance and "segregated" lines are advisable. Arm position is with hands resting on your neighbour's shoulders -- Do Not Grab!