

ZAGORISSIOS
(ZAH GHO REE SSEE OHS)

SOURCE: Danced in Epirus, in the area of villages called Zagorohoria, on the foothills of the Pindus Mts. This slow and rather undulating dance, with almost heavy like movements, gives the feeling that the old men of the village can still raise some vigilant "prowess", while the youth leap in the air and having to pause for the music. These age old dances still survive in the area as a staunch testament about the character of a people who express life in their unique way and are very proud of it .

RECORD: SONGS OF EPIRUS 17

FORMATION: Usually danced in separate lines Men and Women, with hand hold raised to shoulder height. Steps are deliberate and with delicate treading on the floor.

Measure 4/4

PATTERN

Dance phrase is usually four groups of fours

FIGURE A

- 1 Raise L leg high (men) low (women) crossing front of R leg , bent knee
Swing L leg to the L opening up in same height
- 2 Bring L leg crossing front of R ft, and step on it
Step to R with R ft in RLOD

1 , 2 Take four walking steps in RLOD, with R, L,R,L, (FIGURE B)

FIGURE C

- 1 Raise R leg front of L tp knee height , (bent knee)
Swing R leg to the R opening, same height
- 2 Swing R leg to cross behind L leg in the air and step on R ft
Raise L leg to knee height, and holding with L leg raised

FIGURE D

- 1 Bring L leg to L and step on L ft
Step on R ft crossing front of L to LLOD
- 2 Step L ft to L
Bring R ft to L ft together, and with a stamp, you can say OPAH!, and slightly raising arms up high for emphasis , as you ready to start phrase over again.
REPEAT FOUR TIMES

VARIATIONS

1. On FIGURE B, you let go hand hold and take the walking steps turning repeat Figure C as is , and add turn on FIGURE D
2. On the 4th count of each Figure a deep squat is added to accent the hold.
3. In FIGURE D, , as you swing L leg Hop on R ft and immediately take steps L,R Then take three syncopated steps L, R. and jump together, in deep knee bend immediately raising to catch the first L leg raise of t e new phrase.
4. On Figure D , ct. 1 raise R leg in front of L, ct. 2 swing R leg behind L, step on R ft ct. 3, and ct. 4 raise L leg ait .
5. On Figure B, instead of walking steps, Men can do squat walking steps, and raise up for Figure C.

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