

Presented by Athan Karras

OLD ZAGORISSIOS
(Zah-gho-rhee-see-ohss)

SOURCE: From EPIROS, the region of Zagori, in the Pindus range, offers a most unique interpretation of a style of dance that is quite different than most Greek dances. Here the movements are controlled and almost exactly worked out to the music and phrasing, and do not allow for much free interpretation as its closest counterpart, the "tsamiko" for instance. In the Zagori range there are many villages. The basic form of the dance is the same, but the interpretation can vary even among these Epirotes, and the Zagorissia dances, offer an inner calm, an outercontained pride, and a withheld supremacy of cadencing leg movements along with the wail of the clarinet. Proudly danced by the older generation as well.

RECORD: Chorodrama 4503

FORMATION: Holding hands to shoulder ht, and extending arm. Hold up at the close of each phrase.

5/4

PATTERN

Meas

- 1 Raise ~~L~~ leg and swing in air fwd to ctr (ct 1); swing ~~L~~ leg away from ctr and back to first pos (ct 2); swing ~~L~~ leg fwd to ctr and step on it (ct 3); raise ~~R~~ leg almost to knee height in back and (cts 4 & 5)
- 2 Step R with R in RLOD (ct 1); step R with L crossing in front of R (ct 2); step R with R (ct 3); step R with L crossing in front of R (ct 4); hold (ct 5). *Meas 2 is done w/ flexed knees.*
- 3 Swing R leg out to side in air (ct 1); swing R leg in and in front of L (ct 2); swing R leg out to side in air (ct 3); swing R leg in and bring behind L knee (ct 4); hold (ct 5).
- 4 Step R straight back (ct 1); step L straight back (ct 2); step R straight back (ct 3); step L straight back and bring it to R ft, almost as in a stampy (ct 4), hold and raise arms high (5) *raise arms high*

VARIATIONS: Very often M and W dance in separate lines. W do not raise leg high, Men do.

Meas 2 and 4 can be done turning

Men only, in meas 1 on ct 4, instead of bringing R leg behind L knee, on ct 3, they make a long stride almost as in a leap and bring R leg in front of L placing R on L knee and squatting on L knee using all the counts 3,4,5.