

ZAGORISSIOS - STA TRIA (EPIRUS)

MUSIC: 5/8

RECORD: Song of Epirus - 17 B

This dance is danced at the villages of Epirus called Zagorohoria, which are found on the Pindus mountains. It has a heroic stance and it is danced with precision and slow extension of legs and sharp movements. It is danced by men only, and consists of about sixteen steps broken up into four sections of four. All steps are even.

- A.
1. Raise L leg high to knee height in front with bent knee.
 2. Swing L leg directly to the side L.
 3. Bring L leg down stepping in front of R ft.
 4. Raise R ft. slightly and bring it together to L.
- B.
1. Step R ft. to R side back
 2. Bring L ft. in front of R in LOD.
 3. Repeat 1.
 4. Repeat 2.
- C.
1. Raise R leg in front of L to knee height, bent.
 2. Swing R leg to R side, leg still up.
 3. Bring R ft. crossing behind L ft.
 4. Raise L leg up to knee height in front and bend R knee.
- D.
1. Step L ft. to L behind
 2. Cross R ft. in front of L to left side
 3. Step L to L
 4. Bring R ft. to L ft. and stamp it on the floor, thus making the body stand erect.

NOTE: All holding hands and hands up to shoulder height with elbows projected slightly in front.

VARIATIONS:

1. On the fourth count of each of the above phrases a squat with knees bent and apart.
2. The leader on steps 1,2,3, can take a right turn at second or fourth phrase.
or call it for everybody.
3. Syncope step to left on phrase "D".

- Athan Karias
LL 173