

ZONARADIKOS

(Neo Monastiri, Greece)

Zonaradikos is the most popular Thracian line dance. The name is taken from the word zonari meaning sash or belt. The most common way the line was joined was, especially for men, by holding the next persons sash or belt. Women would dance together in the line in W hold. Lines are now mixed and a W hold is common. There are several variations of this dance depending on where in Thrace it is (or was) done. In some a shoulder hold or W hold is used.

The patterns described here, from notes by and taught by Stephen Kotansky, are done by Thracians who have settled in the town of Neo Monastiri in Thessaly. Other variations have been taught by Joe Graziosi, Dennis Boxell and Vassilis Lantzios from Neo Monastiri.

STYLE: Thracians dance the Zonaradikos in a smooth and controlled way. Although it may be done with high energy, it does not become bouncy. In a village setting the more talented male dancers would break from the dance circle to form a line in the center to do more challenging improvisations while, the rest of the line continued with simpler variations. This occurs when the music is fast. The variations are known as Chesto, a Slavic word meaning fast or dense. Skilled individual dancers may improvise extensively, sometimes mixing elements of the variations below, adding hops and taps in meas 1 and 2 or leg swings and flicks in other measures. The leader may signal changes or repeat patterns or not as desired.

This version begins in a W hold. When using this hold the arms swing forward and down on meas 4 and return to W by the end of meas 5. Pull arms back slightly on ct 2 of meas 3 in preparation.

MUSIC: I Should Have Danced All Night- S. K. tape or other fast (although it may start at a slower tempo) instrumental Zonaradikos.

METER: 6/8 counted 1, 2

PATTERN

Meas

I Basic (W hold with arm movements)

- 1 Facing and moving diagonally right step fwd R (ct 1); L (ct 2).
- 2 Step fwd R (ct 1); bounce on R (ct 2).
- 3 Step fwd L (ct 1); bounce on L (ct 2).
- 4 Step back on R (ct 1); step back on L (ct 2).
- 5 Step back on R (ct 1); bounce on R (ct 2).
- 6 Step back on L (ct 1); bounce on L (ct 2).

II Variation with Squat

- 1-4 Repeat 1-4 of Basic.
- 5 Step back on R (ct 1); leap back onto L raising R knee (ct 2).
- 6 Squat on both feet (ct 1); raise onto L (ct 2).

III Variation with hard step and scuff.

- 1 Step diag fwd R with hard accent (ct 1); step next to R on L (ct 2); scuff R fwd (ct &).
- 2 Step fwd R with hard accent (ct 1); bounce on R (ct 2).
- 3 Step fwd L (ct 1); bounce on L (ct 2).
- 4 Step back on R (ct 1); step back on L (ct 2).
- 5 Step back on R (ct 1); bounce on R (ct 2).
- 6 Step back on L (ct 1); bounce on L (ct 2).

IV Variation with jump/close.

- 1 Small step diagonally fwd R (ct 1); step back onto L (ct 2).
- 2 Tap R heel fwd (ct 1); step fwd R (ct 2).
- 3 Tap L heel fwd (ct 1); leap fwd onto both with feet apart (ct 2).
- 4 Close feet sharply together (ct 1); step back on L (ct 2).
- 5 Step back on R (ct 1); bounce on R while kicking L slightly fwd (ct 2).
- 6 Step back on L (ct 1); bounce on L while kicking R slightly fwd (ct 2).

In the version taught by S. K. the dancers take belt hold at this time. Belt hold variations are done generally facing center and move fwd and back .

V(a) Cross over with squat (belt hold)

- 1 Step fwd and across L on R (ct 1); step diagonally fwd L on L (ct 2).
- 2 Step fwd and across L on R (ct 1); lift on R as L moves around in front of R (ct 2).
- 3 Step across R on L (ct 1); leap fwd onto both with feet apart (ct 2).
- 4 Small leap back on R (ct 1); step back on L (ct 2).
- 5 Step back on R (ct 1); leap back onto L raising R knee (ct 2).
- 6 Squat on both feet (ct 1); raise onto L (ct 2).

Variation V(a) is usually followed by variation V(b). The variations are done alternately, i.e. V(a), V(b), V(a), V(b)...

V(b) Variation with scuff

- 1 Step diagonally fwd R (ct 1); scuff fwd L (ct &); step fwd L (ct 2); scuff fwd R (ct &).
- 2 Step fwd R (ct 1); scuff fwd L (ct &); hop on R (ct 2); step fwd L (ct &). *or* Step fwd R (ct 1); hop on R (ct &); step fwd L (ct 2).
- 3 Leap fwd onto both feet (ct 1); hold (ct 2).
- 4 Hop back on R (ct 1); step back on L (ct 2).
- 5 Step back on R (ct 1); bounce on R (ct 2).
- 6 Step back on L (ct 1); bounce on L (ct 2).

VI Heel close.

- 1 Rock diagonally slightly fwd R, bringing L to ankle (ct 1); rock back to place on L (ct 2).
- 2 Step fwd R picking up L slightly behind (ct 1); bounce on R kicking L fwd (ct 2).
- 3 Step fwd L (ct 1); bounce on L while turning to face 3/4 RLOD and raising R to R (ct 2).
- 4 Close R sharply to L with weight (ct 1); step to L on L while turning back to face center (ct 2).
- 5 Step back on R (ct 1); bounce on R kicking L fwd low (ct 2).
- 6 Step back on L (ct 1); bounce on L kicking R fwd low (ct 2).

VII Heel clicks and kick.

- 1 Pull R back sharply with low scissors step to step next to L (ct 1); pull L back sharply with low scissors step to step next to R as R raises slightly to R (ct 2).
- 2 Sharply close R to L (ct 1); Transfer wt to R while raising L slightly to L (ct 2).
- 3 Sharply close L, to R (ct 1); kick L fwd low (ct 2).
- 4 Bounce on R while moving L in a backward pedaling motion (ct 1); step, back on L (ct 2).
- 5 Step on R next to L (ct 1); Take part wt on the ball of L next to R while raising on R heel (ct &); fall on R heel while raising L knee (ct 2); hit ball of L next to R (ct &).
- 6 Step on L next to R (ct 1); Take part wt on the ball of R next to L while raising on L heel (ct &); fall on L heel while raising R knee (ct 2); hit ball of L next to R (ct &).

VIII Rock, lift & kick.

- 1 Small step diagonally fwd R pulling L to R (ct 1); step back onto L (ct 2).
- 2 Step fwd on R (ct 1); raise L knee fwd (thigh parallel to floor) (ct 2).
- 3 Hold (ct 1); kick L fwd and down (ct 2).
- 4 Lift on R as L moves around and back (ct 1); step back on L (ct 2).
- 5 Step on R next to L (ct 1); Take part wt on the ball of L next to R while raising on R heel (ct &); fall on R heel while raising L knee (ct 2); hit ball of L next to R (ct &).
- 6 Step on L next to R (ct 1); Take part wt on the ball of R next to L while raising on L heel (ct &); fall on L heel while raising R knee (ct 2); hit ball of L next to R (ct &).

IX Click, lift, kick (belt hold)

- 1 Sharply close R to L (ct 1); hold (ct 2).
- 2 Lift R fwd with foot across L (ct 1); step fwd on R (ct 2).
- 3 Raise L knee fwd (thigh parallel to floor) (ct 1); kick L fwd and down (ct 2).
- 4 Bounce on R moving L back and around (ct 1); step, back on L (ct 2).
- 5 Step on R next to L (ct 1); Take part wt on the ball of L next to R while raising on R heel (ct &); fall on R heel while raising L knee (ct 2); hit ball of L next to R (ct &).
- 6 Step on L next to R (ct 1); Take part wt on the ball of R next to L while raising on L heel (ct &); fall on L heel while raising R knee (ct 2); hit ball of L next to R (ct &).