

Zonaradikos

Greece, Thrace

This dance was learned by Katina Savvidis at the Dora Stratou theater in Athens, Greece, in 1973.

Formation: Line; belt or low basket hold.

Music: Zonaradikos, or you can use any Fravo.

Basic Unit: 6 counts, starts with Right

Facing Center, moving to the right:

(1) Step R, (2) Step L behind, (3) Step R, left foot stays in place, (4) Lean right, (5) Lean Left, (6) hold.

Basic Step consists of two Basic Units:

Moving Right, do counts 1-4

To center, (5) step L, (6) Lift R

Moving back, basic unit, with lifts on counts 4 & 6

Variation:

Part I, done once

Moving to center, (1) Right, (2) Left,

(3) jump onto both feet ^{hop R}

Moving back, (4) ~~Step R with~~ hop, (5) step L (6) hop L

Part II, done twice

Moving to center, (1) Right, (2) Left

(3) jump onto both feet, (4) Step R with hop, (5) Step L

(6) jump onto both feet ^{hop L}

Moving back, ~~Step L with hop~~ (2)

Moving back, basic unit, with lifts on counts 4 & 6