

**ΆΙΣ ΓΙΩΡΓΙΣ — Ionian Is.****Άης Γιώργης**

(Line dance, no partners)

**Translation:** St. George.**Rhythm:** 4/4

**Starting Position:** "V" position. (Properly each dancer holds diagonal ends of a handkerchief so his hands are about three feet apart; neighbors then link little fingers because hands are occupied with the handkerchief.) Right foot free.

**Count****VARIATION I — Basic**

- 1-2 ♪ Facing slightly and moving right, TWO WALKING STEPS (right, left).  
 3-4 ♪ Turning to face center, STEP-TOUCH\* SIDEWARD RIGHT.  
 5-6 ♪ STEP-TOUCH\* (left) FORWARD.  
 7-8 ♪ STEP-TOUCH\* (right) diagonally BACKWARD RIGHT.  
 9-10 ♪ STEP-TOUCH\* (left) diagonally BACKWARD LEFT.

**VARIATION II — Turn**

- 1-2 ♪ Moving right, TWO WALKING STEPS (right, left) TURNING right once around.  
 3-12 As I above, counts 1-10 (complete).

*Note:* For an eight-measure routine, do Variation I twice, Variation II once.

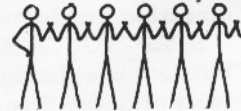
\*See Glossary. In this dance the "touch" is on ball of foot.

**BERÁTIS — Epirus****Μπεράτης**

(Line dance, no partners)

**Translation:** Beráti, also called Antipatría (now Berat, Albania), is a town in northern Epirus.  
**Rhythm:** 8/4 (♩ ♩ ♩) counted 1-2, 3-4-5, 6-7-8.

**Starting Position:** "W" formation. Right foot free.

**Measure**

- 1 ♩ CROSS AND STEP on RIGHT foot in BACK of left (count 1),  
 ♪ With left foot across in front of right ankle, left knee bent, KICK LEFT foot FORWARD slightly, straightening left knee then bending it again to resume same position (counts 2-and),  
 ♪ Straighten left knee and ROCK FORWARD on LEFT foot (count 3),  
 ♪ Bend right knee forward and CURL RIGHT FOOT around left calf (count 4); PAUSE (count 5),  
 ♪ A slight LEAP SIDEWARD RIGHT on ball of right foot (count 6),  
 ♪ CROSS AND STEP on LEFT foot in FRONT of right (count 7),  
 ♪ A slight LEAP SIDEWARD RIGHT on ball of right foot (count 8).  
 2 ♩ CROSS AND STEP on LEFT foot in FRONT of right (count 1),  
 ♪ SWING RIGHT foot around in a small outward arc and across in front of left, bending right knee (count 2),  
 ♪ SWING RIGHT foot around to BACK, bending right knee forward, and CURL RIGHT FOOT around left calf (count 3), PAUSE (counts 4-5),  
 ♪ ROCK BACK on RIGHT foot extending left leg slightly forward (count 6), PAUSE (count 7),  
 ♪ A slight LEAP SIDEWARD LEFT on left foot (count 8).

*Note:* The Greeks usually listen to the music awhile and get into the dance initially on count 6 of measure 1.