

AKRITIKO
(ARMENSKO)
(OMORFULA)

AKRITIKO/Armensko/Omorfula

Florina, Macedonia

This is another dance just about like Levendikos, except that it's done in an even rhythm, and it has some fancy choreographic turns. There are three dance phrases, of twelve counts each.

Aplo

Phrase I.

- 1 Bend unbend L knee, bringing R leg in front of L leg
- 2 Bend unbend L knee again, carrying R leg to right
- & Step on R ft. to right
- 3 Step on L ft. parallel to R ft., L toe next to R heel.
- 4 Step on R ft. to the right, facing slightly right
- 5 Step on L ft. - still moving right
- 6 Step on R ft. to right
- 7 Step into center on L foot
- 8 Step back on R ft.
- 9 Bend unbend R leg, swinging L leg in front of R.
- 10 Bend unbend R leg again
- & Step L in place
- 11 Step back on R ft.
- 12 Step on L ft. in place

Phrase II.

- 1 - 8 Repeat counts 1-8 of Phrase I.

Now, you're going to making a clockwise turn so that you end up facing out of the circle. First drop hands; men extend arms, women put hands on hips.

Count

AKRITIKO/Armensko/Omorfula
(continued/2)

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Phrase II. (continued)

- 9 Low hop on R ft., take heel off floor and pivot a quarter turn
- 10 Another low hop to make it almost around
- & Step on L ft. slightly back so that you face directly out of circle
- 11 Step back on R ft.
- 12 Step on L ft. in place

Phrase III.

Grab hands again and repeat Phrase II. Remember, you're facing out of the circle, so when you finish the phrase you'll be facing into the circle again, magically ready to start the whole thing all over again.

Diplo

When you are feeling energetic, hop on all the bend unbends and skip on all the steps.

PRESENTED by ANDY and NIKIE SAFFAS / NORTHWEST BALKAN CAMP / 1980

directions by Mary Hoagland

Count