

ALONIOTIKOS
(Greece)

Source: Simos Kostandinou

Record: Florina Folk dances of Macedonia, Greece FL-2C 2/4 meter.

Formation: Mixed line - shoulder hold.

<u>Meas.</u>	<u>Pattern</u>
1	Moving R, hop on L, lifting R strongly (ct 1); continuing to move R, step on R (ct 2).
2	Still moving R, repeat Meas 1, opp ftwk.
3	Repeat meas 1.
4	Step into circle on L, facing in (ct 1); step back to place on R (ct 2).
5	Hop on R, lifting L (ct 1); step on L in place (ct 2).
6	Step into circle with R (ct 1); step back on L (ct 2).
7-10	Repeat meas 3-6.
11-18	Repeat meas 1-9.
19	Hop on R, lifting L strongly (ct 1); step L to L, turning slightly L (ct 2).
20	Cross R over L, still turned twd L (ct 1); step back on L without turning body back to ctr (ct 2).
21-22	Repeat meas 1-2, moving L; same ftwk.
23	Hop on L raising R strongly (ct 1); step to R turning to face ctr (ct 2).
24	Step into ctr on L (ct 1); step back to place on R (ct 2).
25-30.	Repeat meas 5-10.

Dance repeats to end of music.

Presented by Bill Burke