

Aloniotikos

(Alona, Greece)

Aloniotikos is a three-measure dance from the Village of Alona in Northern Greece. It is also referred to as *Cho Cho* or *Tso Tso* and is essentially a *Pousteno/Beranche/Leventikos*-type dance in 4/4 time.

Another common name is *Armensko Oro*.

Pronunciation: ah-loh-NYOH-tee-kohs

Music: 4/4 meter

Balkan I 2010 Steve's Dances CD, Band 9

Balkan II 2010 Alternates CD, Band 13

Formation: Open circle; hands joined in V-pos.

Steps & Styling: There are many variations on the footwork and expression of energy as well as solo variations for the leader:

- During cts 1,&2 of meas 2, the dancer can skip fwd slightly or turn 360° CW to R. Dancers can also turn 2 times CW to R during meas 2.
- Dancers can “Chassé-kerplunk” diag backwards to R instead of lift on ct 1 of meas 3 by leaping onto L beside R on ct “uh” before ct 1 and stepping on R back diag R on ct 1 of meas 3 (during this variation, dancers travel more to R).
- A subtle “bounce-step-step” (QQS) can be inserted during cts 3,&4 of any meas.
- Leader can turn and breakaway rejoining line in front of second dancer holding own R hand in second dancer's R hand and dancing parallel to him/her.
- Squats and turns can be inserted as well as long as they fit into the flow of the dance and musical phrasing. Steve suggested one or two CW turns to R during meas 2 and/or one CCW turn to L during meas 3.

Meas 4/4 meter

Pattern

INTRODUCTION. No action.

DANCE

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|---|---|
| 1 | Facing ctr, lift on L and swing raised R fwd with knee extended (ct 1); step R to R wt on both ft (ct 2); step L behind R dragging R (ct 3); turning to face slightly R of ctr, small stamp fwd R to R, with wt (ct 4). |
| 2 | Step fwd L in front of R (ct 1); step fwd R (ct 2); turning to face ctr, step fwd L slightly to ctr (ct 3); step back R (ct 4). |
| 3 | Lift on R, bringing L ft fwd and up with knee extended (ct 1); step back on L behind R (ct 2); step back on R turning to face slightly R (ct 3); step L across in front of R (ct 4). |

Presented by Stephen Kotansky