

## ALONYOTIKO

This dance is from Alona, Florina, Makedonia. It was learned by Nikie Saffas from Simos and Polixeni Konstantinu and villagers in Alona.

Rhythm: 4/4  
 Record: Florina FL 2C  
 Formation: Line in "V" position  
 Steps: Stop-Step-- The foot reaches out to touch-step, the body taut; the touch becomes a step to push off from.

MeasPattern

## I. Basic

- 1 Facing and traveling R, hop L, R sweeps across L, knee bent (ct 1); hop L again (ct 2); step R, L remains in place (ct 3); bounce lightly R (ct 4); step L in place--a stop-step as described above (ct 3); step R (ct 4).
- 2 Facing and traveling R, step and bend on L, crossing in front of R (ct 1); step and bend on R (ct 2); step L twd ctr--a stop-step as described above (ct 3); step R in place (ct 4).
- 3 In place, facing R, hop R, L sweeps across R, knee bent (ct 1); hop R again (ct 2); step L in place (ct 3); step R to side--a stop-step as described above (ct 3); step L in place (ct 4).

## II. Variation--Skips

- 1-3 Repeat action of meas 1-3, Part I, skipping during meas 2.

## III. Variation--Skip-Turns

- 1-3 Repeat action of meas 1-3, Part II, turning CW with 4 skipping steps on meas 2.