

ARVANITIKO KOFTO

Formation: Holding hands and raised to shoulder height. "Kofto", means to cut as the music ends with a rest at the end of each 2nd measure, The rhythm is 8/8, or $\frac{3, 3, 2}{8}$ or S S Q

Meas. -Beat: Fig. (A)

1-(a)1,2,3,S step R ft to R, raise L across R, flexing R knee slightly

(b)1,2,3,S step L ft across R, raise R leg and swing in front of L, bounce on L

(c)1,2, Q With both feet together drop into a deep knee bend and body leaning backwards-rise up.

2-(a)1,2,3,S same as meas. 1-(a)

(b)1,2,3,S same as meas. 1-(b)

(c)1,2, Q Whip R leg around behind Left and lock R ft behind L knee DANCE FIG. A TWICE

Fig. (B)

1-(a)1,2,3, Step R ft to R with hesitation

(b)1,2,3, step L ft to R crossing L ft in front of R

(c)1,2 Raise R leg behind L leg, and R ft to L knee (behind)

2-(a)1,2,3 large step to R with R, raise L leg crossed in front of R

(b)1,2,3 3 quick steps, dropping fwd on L ft in front of R quickly change weight to rt ft in place, and deep knee bend with both feet

(c)1,2 Rise sharply, and bring R leg across L with R ft resting on L knee in a half-sitting position.

DANCE FIG. B TWICE

7. SOUSTA

Formation: An open circle with men and women in line with partners. Hands crossed in basket-hold. The dance starts as a line dance and later couples dance alone, maintaining steps and doing several figures which characterize the dance.

Measure: 2/4

The steps are very quick and syncopated.

1 Step R ft to R

2 Step L ft to R ft, then step on R ft, and hold L ft off the floor

(Other times you take one step and holding rhythm in springlike action until you are ready to step again)

3-4 The above step is done to the L with the L ft, and this constitutes the basic step.

The figures are done in sequence of 12 steps (one to R and one to L)

1 in a line traveling in LOD

2 in two lines men and women step away forming two straight lines

3 Come together and on 12th count turn quickly away

4 Boys go to girls and merge in one circle

5 Go around one circle waving arms up and down in LOD & RLOD

6 Take partners and do a "pas de bas" in opposition

step R to R, cross L ft in front, step R ft in place, then reverse

7 Holding partners with both hands out, on first count both arms down to sides with accent.

8 holding both hands turn under R (12 counts) then L.

9 Finish dance as girl is turning under holding one hand, with man watching her, and both move in LOD.

