

3 facing ctr step R ft to R (Q), swing
L ft across R leg (Q)
facing ctr step L ft to L (Q) swing R
ft across L leg (S)

4 Repeat measure (3) sway body side
to side

REPEAT MEAS. 1 - 4

Fig. (C) Variation to meas. 3 & 4

3 step R ft to R (Q), point L toe in
place (Q) point L toe in front of R ft
(Q), point L toe to L (S)

4 step L ft to L, (Q), point R toe to R
(Q) point R toe front of L ft (Q), point
R toe to R (S)

REPEAT MEAS. 1 - 2 as in (B) and
add MEAS. 3 - 4

Fig. (A) can be done with steps taken
fwd and turning CW on 2nd and 4th
meas., also in Fig. (B)

RLOD = Reverse Line of Direction.

CW = Clockwise

Q = Quick

S = Slow



3. GAIDA

Formation: In an open circle, men and women
in separate lines. Arms on
shoulders. Men raise legs high,
women raise legs to the ankle.
Women do not do deep knee bends.

Measure: Fig. (A)

1-2 step R ft to R; cross L ft in front of R

3-4 repeat meas. (1-2)

5-6 Step R ft to R, swing and raise L
leg crossing in front men high
(women low).

7-8 step L ft to L; swing R ft in front of
L high.

Fig. (B)

1-2-3-4 4 deep knee bends traveling in
L O D (crawling) with knee touching
the floor

rise and repeat Meas 5-6-7-8 Fig. A

1-4 Fig. (C)

1-4 Repeat Fig. A measures 1-4

5-8 Leap sideward onto R ft (count 5),
hold (count 6)
Leap sideward on L ft (count 7).
Step R ft just in front of L (count
and)
Step back onto L ft in place (count 8)
(pas de bas)

Fig. (D)

1-6 Repeat Fig. C measures 1-6

7-8 Step onto L ft brushing R ft forward
(count 7)
Brush L ft forward (count 8) brush R
foot forward (count 8)

4. LEMONAKI

Formation: Men and women in an open circle,
hands joined and down in starting
position. Later arms rise. This
dance when done as maypole dance
is interwoven with syrto steps.
Dancers holding ribbons as they
dance, as in Macedonian Syrto.
Rhythm is 7/8, most easily counted
S, Q, Q

Measure:

1 Step R ft to R in LOD (S), step L ft
behind R ft (Q)

Step R ft to R (Q)

2 Step L ft across L ft in front of R
(S) arms moving forward and back-
ward as they dance (Q), step R ft to
R, (Q) step L ft behind R turning
body slightly CW (Q).

3 Step R ft fwd (S), raising arms as
you step,
step L ft fwd (Q), stamp R ft beside
L ft (Q) (hands still up)

4 Step L back bringing joined hands
down (S), cross R ft in back of L (Q),
bring L ft back next to R ft, (Q) with
slight hop or chug bwd.

DO MEAS. 1-4 TWICE, THEN FOR
THE NEXT TWO TIMES AT END OF
EACH SEQUENCE REPEAT MEAS.
3 & 4.

REPEAT ENTIRE DANCE

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