

Women's Tsamiko

Often danced to the tune "Despa"

Formation: Women in a circle, "W" hold, weight on rft.

Music: 6/4

1. Facing slightly R of center, hop on rft on lift lft slightly behind (ct 1), step lft fwd (ct 2); turning tpo face center, step rft to R side (ct 3) turning slightly to face L, step lft across and behind rft (ct 4); turning to face slightly R, step rft fwd (ct 5), step lft fwd (ct 6).
2. Step rft fwd (ct 1); step lft fwd and swing arms fwd and down (ct 2); turning to face center, step rft to R and bring arms up to "W" position (ct 3); Hop on rft in place (ct 4); turning to face L of center hop on rft again in place (ct 5). Step lft fwd to L (ct 6).
3. Step rft in front of L fwd (ct 1) turn to face center, step lft to L side (ct 2) hop on lft in place bring rft in front low (ct 3). Brush toe of rft across and in front of lft (ct 4). Low loose kick rft fwd and slightly to R (ct 5). Step rft beside lft (ct 6).
4. Hop on rft in place (ct 1). Step lft in place (ct 2). Hop on lft in place (ct 3). Repeat action of cts. 4-6 but turn to face slightly R of center on Ct. 6.

Variations with Turn

1. Turn CW once on cts. 5,6 of Meas 1. Finishing turn with ct. 1 of Meas 2. Arms up in "W" position.
2. Turn twice CW on cts. 5,6 of Meas 1 continuing to turn on cts. 1,2,3 of Meas 2.