

Ikariotikos from Ikaria

(Ikaria, Greece)

Ikaria is an island in the east Aegean Sea. It derives its name from Icarus, the son of Daedalus who, according to Greek mythology, fell into the sea nearby. Today, Ikaria is considered one of the world's five "Blue Zones" – places where the population regularly lives to an advanced age (one in three make it to their 90s). This is due to healthy diets and lifestyle.

Pronunciation: ee-kahr-ee-OH-tee-kohs

Music: 2/4 meter *Timeless Sounds*, Track 14

Formation: Open circle; hands in W-pos or T-pos.

Steps & Styling: Gently straighten knees on the beat and bend knees on off-beats so the dance has an up/down feeling with the emphasis on the "up."

Meas 2/4 meter

Pattern

INTRODUCTION: Begin anywhere in the music.

I. STA TRIA. (Even rhythm)

- 1 Facing ctr and moving to R, step on R (ct 1); step L in front of R (ct 2).
- 2 Step on R (ct 1); lift L leg, knee bent, in front of R with a low kick (ct 2).
- 3 Step L to L (ct 1); lift R leg, knee bent, in front of L, with a low kick (ct 2).

Repeat meas 1-3 as many times as desired. Leader signals change to new figure.

II. BASIC STEP. (SQQ)

- 1 Facing ctr and moving R, leap onto R, simultaneously lifting the L in front (ct 1); hop on R bringing L fwd then around in an arc to a position behind R (ct 2); step L behind R (ct &).
- 2 Facing ctr and dancing in place, step R in place, knee bent and heel twisted slightly to R while L twists R (ct 1); step L in place (ct 2); step R in place (ct &).
- 3 Facing ctr and moving R, step L in front of R (ct 1); small step R to R (ct 2); small step L in front of R (ct &).

III. BASIC STEP VARIATION.

- 1 Repeat Fig II, meas 1.
- 2 Facing ctr, step R in place, bringing L with bent knee sharply behind R knee (ct 1); hop on R in place, swinging L around in front (ct 2), hop on R in place (ct &).
- 3 Repeat Fig II, meas 3.

Sequence: Usually called by the dance leader. End dance with ft together.

Suggested sequence if not called by leader: Fig I four times, Fig II to end of music, ending with ft together. Fig III can be done at any time in place of Fig II.

Presented by Lilian Vlandi