

Isios

(Greece, Kalymnos)

Isios is a syrτος from the island of Kalymnos, with a liltng style typical of many Greek Island dances.

Pronunciation: EE-see-ohs

Music: "Isios". 2/4 meter

Formation: Open circle, leader at right. Hands either high (W-pos) or front basket (R under, L over.)

Styling: Liltng, with a pronounced "up" movement (straighten knees) on each beat.

Meas

Pattern

FIGURE

- 1 Facing ctr and moving away from ctr, step bkwds on R, twisting body slightly L of ctr (ct 1); step bkwds on L, twisting body slightly R of ctr (ct 2).
- 2 Continuing to move away from ctr, step bkwds on R, twisting body slightly L of ctr (ct1); dancing in place, step on ball of L ft slightly to L (ct 2); step on R in place (ct &).
- 3 Facing slightly and moving to the R, large step on L crossed in front of R (ct 1); facing ctr and continuing to move to the R, step on ball of R ft to R (ct 2), step on L next to R (ct &).

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