

Kapitan Sideris

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Dance of Patmos ,Dodecanese Islands

means Captain Sideris

Time signature : 2/4 counted 1 2 (s s), or 1 2-3 (s q-q), also known as : Siganos , or Dhiplo Issos

Hands in a 'basket hold' pattern , or held down

Part A: the a 'dhiplo issos' or 'double issios' - the basic pattern during vocal parts

moving backwards, or backwards and slightly to right

1	step	R	step back
2	step	L	step back, or cross slightly behind R
3	step	R	step back, or slightly back to right
4	touch	L	touch (closes ro R) or exchange weight (a 'one-two') as L-R

moving forward

5	step	L	step forward
6	step	R	stepforward to close L, or steps ahead of L
7	step	L	step forward
8	touch	R	touch (closes ro L) or exchange weight (a 'one-two') as L-R

Part B: traveling to the right

s	step	R		s	step	R	
s	step	L	step behind R	s	step	L	step behind R
s	step	R		s	step	R	
s	lift	L		q	step	L	
				q	step	R	
s	step	L		s	step	L	
q	step	R		s	step	R	
q	step	L					
s	step	R					
q	step	L					
q	step	R					
s	step	L					
s	lift	R					