













KASTRINÓS
(Crete, Greece)

- Source:** The Kastrinós (kahs-tree-NOHS) is from the town of Iráklion in Crete. The name derives from the word "kástró" (castle or fort) and the kastro in Iraklion. Other names for this dance are Irakliótikos, Malevyziótikos, Sitiakos. It is one of the four most popular Cretan dances.
- Bibliography:** Elliniki Hori, V. Papahristos (Athens, 1960).
Greek Folk Dances, M. Vouras and R. Holden (New Jersey, 1965).
Folk Dances of the Greeks, T. Petrides (New York, 1961).
"Notes," Panhellenion LP
- Music:** Folkraft 45 #1463 or any Cretan Kastrinós recording. 2/4 meter.
- Formation:** M and W in a broken circle with hds held at shoulder height, elbows bent and down.
- Characteristics:** This is a happy, peppy dance. It is similar to some of the sousta, or springy, dances. The steps should be small.

<u>Meas</u>	<u>Ct</u>	<u>Pattern</u>
I		Step fwd on R ft. Step on L ft close to R ft.)
		Step on R ft in place.) Slight fwd movement.
II		Step fwd on L ft. Step on R ft close to L ft.)
		Step on L ft in place.) Slight fwd movement.
III		Step fwd on R ft.
IV-VI		Hop on R ft and swing L ft behind R ft. Repeat the above with opp ftwork, moving bkwd. On last hop, swing R ft next to L ft (not in back).

VARIATION

I		Step fwd on R ft. Hop on R ft.
		Step on L ft next to R ft.
II		Step on R ft slightly fwd. Step on L ft close to R ft.
		Step on R ft in place.
III		Step fwd on L ft.
IV-VI		Hop on L ft and swing R ft behind L ft. Repeat the first 3 meas of the Variation with opp ftwork, moving bkwd. On last hop, swing L ft next to R ft (not in back).

NOTE: Do as many of each Variation as the leader does. No set pattern.

Presented by John Pappas