

LEFKADITIKOS INT/ADV

This is a routine from the Ionian island of Lefkas (Lefkada).

Rhythm: 2/4 and 7/8 - island hasapiko and kalamatyano
Record: Folkraft LP-8
Formation: Dancers in a line in "W" pos

Meas Pattern

I. Slow Basic - Island Hasapiko

- 1 Facing ctr, step R swd R (ct 1); step L crossing behind R (ct 2).
- 2 Step R swd R (ct 1); brush L across R and hold (ct 2),
- 3 Step L swd L (ct 1); brush R across L and hold (ct 2).

II. Fast Basic

- 1 Facing ctr, step R swd R (cts 1-2-3); step L behind R (cts 4-5);
step R swd R (cts 6-7).
- 2 Step L across in front of R (cts 1-2-3); leap lightly onto
R ft, turning to face L (cts 4-5); step back on L (cts 6-7).
- 3 Turning to face ctr, leap lightly onto R (cts 1-2-3), step L
across R (cts 4-5); step back on R (cts 6-7).
- 4 Step L swd L (cts 1-2-3); step R across L (cts 4-5); step
back on L (cts 6-7).

III. Variation - Slow - Diplo

- 1 Facing ctr, step R swd R (ct 1); step L behind R (ct 2), step
R swd R (ct &).
- 2 Leap L lightly twd ctr, bending knees (ct 1); step back on R
(ct 2), step L swd L (ct &).
- 3 Step R across L (ct 1), smoothly close L to R (ct 2).

IV. Variation - Fast Diplo

- 1 Facing ctr, chug slightly on L and step R swd R (cts 1-2-3);
step L behind R (cts 4-5); step R swd R (cts 6-7).
- 2 Leap L lightly twd ctr, bending knees (cts 1-2-3); step back
on R behind L (cts 4-5); step back on L behind R (cts 6-7)
- 3 Leap lightly R swd R (cts 1-2-3);
step L across R (cts 4-5); step back on R (cts 6-7).
- 4 Leap lightly L swd L (cts 1-2-3); step R across L (cts 4-5);
Step back on L (cts 6-7).