

LEFKADITIKOS

SOURCE: Lefkaditikos is danced in Lefkada (Lefkas), an island in the Ionian Sea off the western coast of Greece. It is a "diplos Horos", that is, a double dance with two distinct parts. Each part is actually a separate dance with a different rhythm. The first part is similar to the Sta Tria or Hasapikos dances; the second part, in 7/8 meter, is similar to the Kalamatianos.

MUSIC: Greek Folk Dances Folkdraft LP 8; Greek Folk Songs and Dances, Counterpoint CPT 527

FORMATION: A front chain hold - that is a broken circle with each person holding the hand of the person on the other side of their neighbor (hands cross in front of neighbor). An alternate hold is the broken circle with the arms on neighbor's shoulders, as in the Hasapikos. The first part is deliberate and very fluid. The second part is light with some skips. Wt is more on the balls of the ft.

MUSIC: 2/4

PATTERN

Meas Ct

FIRST PART (SLOW) 2/4

- | | | |
|---|---|---|
| 1 | 1 | Facing ctr, step sdwd on the R ft |
| | 2 | Step behind the R on the L ft, turning body to face L slightly. |
| 2 | 1 | Step sdwd to the R on the R ft, turning to face R |
| | 2 | Touch L ft across in front of R |
| 3 | 1 | Step to L on L ft, turning to face L (RLOD) |
| | 2 | Touch R ft across in front of L |

Repeat meas 1-3 to a total of 4 times

SECOND PART (FAST) 7/8

- | | | |
|---|----|---|
| 1 | 1& | Step sdwd on the R ft (facing ctr) |
| | 2 | Step behind R on L ft |
| | 3 | Step sdwd on the R ft |
| | | & Skip fwd onto both ft. The |
| 2 | 1& | L ft is in front of R ft, both knees are bent (most of the wt is on the L ft). (The step is actually a hop on the R ft and a step on the L ft) (This is to ctr of circle) |
| | 2 | Step bk on R ft (small step) |
| | 3 | Step bk on L ft (small step) |

Continued...

LEFKADITIKOS CONT'D

LEFKADITIKOS

- 3 1&2 Step bk on R ft (small step)
- 2 Step to L on L ft (facing RLOD)
- 3 Step across in front of L on R ft (L ft remains in place)
- 4 1 Step bk on L ft (still facing RLOD) Leap swd to

R on ball of R ft
 ah Leap across in front of R on ball of L ft

2-3 Pause

Repeat meas 1-4 to a total of 4 times.
 Presented by John Pappas
 Idyllwild Workshop 1978

MUSIC	STEP	DESCRIPTION
	1	Step bk on R ft (small step)
	2	Step to L on L ft (facing RLOD)
	3	Step across in front of L on R ft (L ft remains in place)
	4	Step bk on L ft (still facing RLOD) Leap swd to R on ball of R ft
		ah Leap across in front of R on ball of L ft
	2-3	Pause
		Repeat meas 1-4 to a total of 4 times.
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