

M'aresi Pentozali

(Greece)

From the Island of Crete, the area of Rethymno

Music : Stratos Gounakis of Rethymno

Basic

Step R – kick L

Step L – kick R

Step R to right

Step L -2-3

R to R

L behind R

Repeat

Usually done in place but often has a slight move to the Right

Variations *.... Men would separate from the line and move in front

Basic ending SINGLE stamp L

Start basic at step L with kick R – ending DOUBLE stamp L

Start basic at step L with kick R – ending SINGLE touch toes behind R with L

Start basic at step L with kick R – ending DOUBLE touch toes behind R with L

Start basic at step L with kick R – ending with ONE slap of L foot in front

Start basic at step L with kick R – ending with DOUBLE slaps L in front, then R in front

Step R to R – L to L 2-3- TRIPLE slaps L foot in front, R in front, L in front – heel click

Go back to basic

*Variations are done as the music gets faster toward the end of the melody

For recreational purposes it can be done by all and also called a few times throughout the dance.

Presented by André Montsion

Camp Hess Kramer Institute

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