

# M'aresi Na Glendo

(Greece)

From the Island of Crete, the area of Rethymno

Music: Stratos Gounakis of Rethymno

Maleviziotis

## Basic

Forward

R 2 3

L 2 3

R kick L

And back

L 2 3

R 2 3

L kick R

Repeat

## Variation A

Forward R 2 3

L 2 3

Both feet together stop

Wait (bending knees) 2 cts

Open feet

Pas de basque style

L 2 3    R 2 3    L 2 3

Both feet together stop

Wait (bending knees) 2 cts

Going back - Resume basic

## Variation B: (Usually for women – off the circle)

Using Hop step step

Turning on oneself

To the Right (backward) then to the L (backward)

Hop on L heel step R L step    Hop on L heel step R L step    123 (LRL)

Hop on R heel step L R step    Hop on R heel step L R step    123 (RLR)

## M'aresi Na Glendo -- Continued

- Very quick... full turn in 2 hop step steps
- Set at 4 times

### **Variation C**

Hop in Front with R  
Hop back with R  
Hop in front  
R 2 3

Hop in Front with L  
Hop back with L  
L 2 3

The sequence being 3 hops with R for 2 hops with the L

- Set at 4 times then resume basic