

EPIRÓTIKO TSÁMIKO - MÁYIA
GREECE

Source: This is a Tsámiko from Épiros in Northwestern Greece. The name "Máya" comes from the song which the dance is done to -- "Ta Máya Stó Pigáthi," that is, "The Sorcery (or magic) at the Well." "Máya" means witchcraft or sorcery. This Epirótiko Tsámiko can be found described in:

Booklet accompanying Panhellenion LP
Greek Folk Dances, M. Vouras & R. Holden, (New Jersey, 1965)

Music: Like most Tsámika, the music for this dance is in 6/4; there are three main counts for each measure.

Records: Panhellenion, Greek Mountain Dances
Máya - Chorodrama "45"

Formation: Men only. A line of men with hands joined, elbows bent -- hands should be slightly higher than shoulder height.

Characteristics: Like many dances of Épiros, the movements are generally slow and stately. The feeling is a manly, virile one, and the dance should reflect this in the style of the dancers. There is a tension in the movements, but at no time should they be stiff or jerky. The movements should be slow and fluid but controlled at all times. It is important that you do not anticipate the rhythm -- rather, it is better to delay slightly your steps and movements.

BASIC STEP

<u>Meas</u>	<u>cts</u>	6/4 or 3/4
I	1-3	Wt on L ft, step sdwd to the R on the R ft, R knee slightly bent. Bring the L ft across in front (fairly close) of the R knee as you raise R heel (i. e., wt still on R ft, go up on ball of ft) and straighten R knee.
II	1-3	Lower R heel, and slightly bend R knee; circle L ft behind R knee, and by ct 3, straighten R knee and raise R heel from floor.
III	1-3	Step across in front of R ft on L ft, with L knee bent; turning to face ctr, bring R ft across in front of L knee, straightening L knee raising L heel from floor.

EPIRÓTIKO TSÁMIKO (continued)

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| IV | 1-3 | Lower L heel and slightly bend L knee; circling R ft around behind L knee, raise L heel and straighten L knee. |
| V | 1-3 | Repeat meas I. |
| VI | 1-3 | Repeat meas II. |
| VII | 1,2 | Turning to face L, step sdwd to L on L ft. |
| | 3 | Step across in front of L ft on R ft. |
| VIII | 1 | Step sdwd to L on L ft. |
| | 2,3 | Raising L heel, swing R ft across in front of L knee, (R ft high from the floor to L of L leg). |

VARIATION (meas VIII)

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| VIII | 1-3 | Instead of stepping L and swinging the R ft across in front, jump down on both ft in squat (knees together) and then straighten up to a standing pos. |
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Presented by John Pappas