

Nikendre

(Amorgos, Greece)

This dance is a men's dance from the Aegean Sea island of Amorgos. This island was featured in two popular films, *The Big Blue* (1988) and *Ariadni* (2002).

Pronunciation: nee-kehn-DREH

Music: 2/4 meter *Timeless Sounds*, Track 5

Formation: Lines of dancers in T-pos.

Steps & Styling: Energetic.

Meas 2/4 meter

Pattern

2 meas INTRODUCTION. No action.

I. TRAVEL L AND R.

1 Facing L and moving L, take 3 walking steps, R, L, R (cts 1, &, 2); hop on R (ct &).

2 Repeat meas 1 with opp ftwk.

3-4 Repeat meas 1-2, turning R slightly on last step to face CCW.

5-8 Repeat meas 1-4, facing and moving CCW, hopping on L while turning to face ctr after last step.

II. IN PLACE, FWD AND BACK.

1 Facing ctr, step R fwd directly in front of L (ct 1); step L next to R (ct 2); step R in place (ct &).

2 Repeat meas 1 with opp ftwk and dir.

3-8 Repeat meas 1-2 three more times.

VARIATIONS ON FIG II.

Repeat Fig II, meas 1, but kick L low in front of R on ct 2.

Repeat Fig II, meas 1, but kick L leg high on ct 2.

Sequence: Alternate Fig I and Fig II until end of music, ending with ft together.

Presented by Lilian Vlandi