

## NIZÁMIKOS

Macedonia, Greece

Nizámikos (nee-ZAH-mee-kohs), from the Turkish words "nizam askeri" meaning an army in formation, leads us to the conclusion that it might have been a soldiers' dance. The dance was learned by Katina Savvidis in Athens during 1973-74 from members of the Dora Stratou Theatre. Greek Macedonia, which was formally united with Greece in 1913, includes a wide arc of territory, east to the Aegean Sea and inland west to the Pindus Mountains. The landscape is rough with many mountains separated by small valleys. Both the music and dance are heavier in quality than those of other areas of Greece with the *ouli*, or big drum, being important in setting the rhythm.

RECORD: Folkraft LP-3 "Greek Folk Dances (Vol. I)," side B, band 4

FORMATION: Open circle or lines of mixed M and W (originally only danced by M) with hands joined and held in "W" pos (often raised to head level), leader at R end.

STEPS AND Step; Hop.

STYLING: These notes are meant to be used only as a refresher cue sheet and are not intended to convey any styling.

Music 2/4

PATTERN

Meas INTRODUCTION - one pick-up beat

- 1 Turning to face slightly diag L in RLOD, step R in front of L (ct 1), moving bwd in LOD, step bwd L (ct 2), step R beside L (ct &),
- 2 Continuing bwd in LOD, step bwd L (ct 1), turning to face ctr, step swd R (ct 2),
- 3 Hop in place R (ct 1), step in place L (ct &), step in place R (ct 2),
- 4 Hop in place R (ct 1), step in place L (ct 2).

Repeat entire dance from beginning.

Taught by: Katina Savvidis