

Presented by David Henry

PIDIHTOS

TSAMIKOS
(Greene)

(16-COUNT)

BACKGROUND: Tsamikos is a Panhellenic dance. That is to say that it is danced in every part of Greece. It is thought that the name derives from a nomadic Epirot tribe, the Tsamides. There are many ways to dance the Tsamikos. In one sense, there are as many ways as there are Greeks. In taverns, small groups of friends who have been out for dinner will dance together, the leader doing most of the dancing, his best friend immediately to his left supporting him and the rest of the "paraya" or group of friends being there for moral support. There are certain regional differences and there are choreographed versions which are danced by performing groups and in the night clubs of Plaka, the Greenwich Village of Athens.

MUSIC: REGAL SREG2139, Side 2, Band 5 or PILP33 (33)

FORMATION: Lines, hands at shoulder height.

BASIC STEP

Meas. ct.

- | | | |
|---|-----|---|
| 1 | 1-2 | Step on RF sideways to R |
| | 3 | Step on LF across in front of RF |
| 2 | 1-2 | Touch RF diagonally fwd to R |
| | 3 | Step on RF bwd |
| 3 | 1-2 | Touch LF diagonally fwd to L |
| | 3 | Step on LF across in front of RF |
| 4 | 1-2 | Step on RF sideways to R |
| | 3 | Hop on RF swinging LF across in <u>front</u> of RF or <u>behind</u> R leg |
| 5 | 1-2 | Step on LF sideways to L |
| | 3 | Step on RF across in front of LF |
| 6 | 1-2 | Step on LF sideways to L |
| | 3 | Hop on LF swinging RF across in front of L leg |

Note: The following are variations which are danced by the leader.

VARIATION I

- | | |
|-----|---|
| 1 | Rock on RF to R (ct 1) rock on LF in place (ct 2) rock on RF to R (ct 2)
Step LF across in front of RF (ct 3) (This step can be used for meas
5 of the Basic Step with opp ftwk.) |
| 2-6 | Same as Basic Step. |

VARIATION II

- | | |
|-----|--|
| 1-2 | Same as Basic Step |
| 3 | Step on LF sideways to L (ct 1) step on RF sideways to R (ct 2)
step on LF across in front of RF (ct 3) |
| 4-6 | Same as Basic Step. |

VARIATION III

- | | |
|-----|--|
| 1-3 | Same as Basic Step |
| 4 | Step on RF sideways to R (cts 1,2) hop on RF swinging LF up high |

- 5-6 across R leg, slapping LF a glancing blow with R hand from L to R(ct 3)
Same as Basic Step

VARIATION IV

- 1-2 Same as Basic Step
3 Touch LF diag fwd to L (ct 1) step or leap LF across in front of
RF (ct 2) hop on LF (ct 3) hop on LF (ct 4)
4 Step on RF sideways to R (ct 1) hop on RF (ct 2) hop on RF (ct 3)
5-6 Same as Basic Step

VARIATION V

- 1-4 Four turns to the R, one per measure, stepping on RF on count 1
and LF on count 3.
5 A similar turn to the L
6 Same as Basic Step

VARIATION VI

- 1-4 As in Variation V but using the rocking step of Variation I
5 A similar turn to the L
6 Same as Basic Step

VARIATION VII

- The following 3 measures are danced turning continuously to the R.
1 Step on RF (ct 1) step on LF (ct 2) step on RF (ct 3) step on LF (ct 4)
step on RF (ct 5)
2 Step on LF (ct 1) step on RF (ct 2) step on LF (ct 3) step on RF (ct 4)
3 Step on LF (ct 1) step on RF (ct 2) step on LF (ct 3) step on RF (ct 4)
step on LF (ct 5)
4 Step on RF sideways to R (cts 1-2) hop on RF lifting LF across in front
of RF (ct 3)

VARIATION VIII

- 1 Leap onto RF, kicking LF high in front, slapping LF with R hand
from R to L (cts 1,2) leap onto LF across in front of RF, kicking RF up
behind (ct 3)
2-3 Repeat meas 1.

VARIATION IX

- 1 Jump onto both ft into squat with knees together and turned to the
R (cts 1-2) swivel knees to L (ct 3)
2-3 Repeat meas 1
4 Rising, step on RF sideways to R (ct 1)

VARIATION X

- 1 Jump onto both feet into squat with knees together and turned to R
turning once around to the R (cts 1-2) hop on LF into standing pos(ct 3)
2-3 Repeat meas 1
4 Jump onto both ft in squat with knees together (cts 1-2) hop onto RF into
standing pos, slapping LF with R hand from L to R (ct 3)