

SARANDA PENTE

REGION: Macedonia

PRONOUNCED: Sah-RAN-dah PEN-teh

TRANSLATED: 45

BACKGROUND: Danced in the villages Promachi and Naoussa (where the famous celebration of the "Boules" (masked Carnival dancers) takes place. The dance is in the regular, mirror-image three-measure form.

SOURCE: Rena Loutzaki, Field Researcher of the Peloponnesian Folklore Foundation, 1979 & 1981

MUSIC: 7/8 (SQQ)

RECORD: PFF II

FORMATION: If Men, hands on shoulders, if mixed, hands joined at shoulder height for slow part and down when music speeds up.

MEAS	CT	MOVEMENT
1	1-2	Step on RF sideways to R
	3	Step on LF close to RF
	4-5	Step on RF sideways to R
	6-7	Step on LF across in front of RF
2	1-2-3	Step on RF sideways to R
	4-5	Step on LF across in front of RF
	6-7	Step on RF back into place
3	SQQ	Reverse footwork and direction of Meas. 2