SFARLIS
(Thrace, Greece)

This is one of numerous dances brought to Greece from northern Thrace (Bulgaria) by refugees during the first two decades of the 20th century. Also known as Apopedhichtos ("Jumping Out"), the dance comes from from the village of Bana in the region of Anchialos on the Black Sea, and is still performed today in villages, like Kitrous, where the refugees have settled. As learned from Elefteris Drandakis.

Recording: Available on tape.
Formation: Lines or semi-circles, facing ctr, arms in "V" or "W" pos.
Music: 9/16 Dancer's cts: 1 2 3 4
Q Q Q S

meas	pattern
1	Step L ft fwd, knee bent (ct 1); scuff R ft beside L ft, knee straightened (ct 2); step R ft fwd (ct 3); stamp L ft, no wt, beside R ft (ct 4).
2	Step L ft bk (ct 1); step R ft bk (ct 2); step L ft bk (ct 3); step R ft, no wt, beside L ft (ct 4).
3	Stamp R ft, no wt, beside L ft (ct 1); hold (ct 2); leap onto R ft to R (ct 3); leap onto L ft across and in front of R ft (ct 4).
4	Run-step R ft to R (ct 1); run-step L ft next to but slightly in front of R ft (ct 2); run-step R ft to R (ct 3); close L ft, no wt, beside R ft (ct 4).

Presented by Stephen Kotansky

MFL '88