

STA TRIA

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Source: Sta Tria is primarily danced in the northeastern part of Greece, Epirus, and parts of northern Greece in Macedonia. It derives its name from the basic three steps, and thus meaning (to the three). It is danced both by men and women, and usually precedes any main event in a festival, and a manner in which to gather the crowd into the dance and part of the festivities. They are sometimes accompanied to a song, and the dancers join in the singing, and oftentimes turns the slow stepping into a quicker pace of either a faster hassapiko style from Epirus, or a Pogonissios syrto from Epirus.

Record: AN INTERSECTION OF GREEK DANCES

Music 2/4

Formation Starts with shoulder hold, and in the Pogonissios syrto, reverts to a handhold, and when back to the Sta-Tria, again reverts to a shoulder hold.

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Measure	PATTERN
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FIG A

- 1 Step with R ft to R; Step with L ft to R crossing in front Of R ft.
- 2 Step with R ft to R; Raise L leg, with bent knee front of L leg
- 3 Step with L ft to L; Raise R leg, with bent knee front of R leg

Do this four times altogether

FIG B

- 1-4 Same as in FIG A except that first three steps are done turning. Meas. #4 is same as above

Do this four times altogether

FIG C

- 1 same as meas. #1 in FIG A
- 2 Step with R ft to R; cross L ft front and step with L ft to R
- 3 Step with R ft pointing R ft to R side; bring pointing ft and step on it behind L ft.
- 4 Step with L ft to L; bring R ft behind L knee raising the R toe almost to the L knee and hold.

Do this four times altogether

FIG D

- 1 Same as in meas #1 in FIG A
- 2 " " " " " 2 " "
- 3 Step with L ft to L; Bring R leg in front of L leg and immediately swing R leg circling around in a "cutting"KOFTO style, and pause.

Do this four times altogether

FIG E

- 1-2 Same as meas #1-2 in FIG A
- 3 (MEN ONLY) Step with La ft to L and locking R ft behind L knee and squatting.
(WOMEN ONLY) Step with L ft to L; two quick steps crossing R ft front of L ft, and immediately, cross L ft front of R ft. *continued.*

- FIG F Pogonissios step
- 1 Step with L ft crossing front of R (S); step with R ft to R (Q)
Step with L ft To R (Q)
 - 2 Step R ft to R (S); Crossing L ft behind R ft and step on it(Q)
raising arms as you do it; Step With R ft to R
 - 3 SAME AS Meas. #1 above
 - 4 SAME AS Meas. #2 above
 - 5 SAME as Meas. #1 above
 - 6 Step with R ft to R , and bring L ft together

CONTINUE THE SAME MEASURES EXACTLY WITH OPPOSITE FOOTWORK IN OPPOSITE DIRECTION

REPEAT SEQUENCE ONCE MORE TO THE RIGHT AND ONCE TO THE LEFT

BACK TO FORMATION AND HAND HOLD AS IN "STA-TRIA"

FIG G

EXACTLY THE SAME AS IN FIG A FOUR TIMES

FIG H

EXACTLY THE SAME AS IN FIG B FOUR TIMES only tempo is faster

FIG I

The same as in FIG A. but on Meas. 2 instead of stepping to R. bring both feet together stamping on the sfloor and raise LEFT LEG across then stamp feet together and raise RIGHT LEG ACROSS to finish

ESIS VOUNA, AI MORE PEDIA
ESIS VOUNA, AI TON LEPENON

KE PEFKA TOU METSOVOU
NTELI PAPA LEVENDI 2

ESIS KALA , AI MORE PEDIA
ESIS KALA . AI TON XERETE 2

AFTON TON PAPAGIORGI
NTELI PAPA LEVENDI 2

APO MIKROS, AI MORE PEDIA
APO MIKROS STA GRAMATA 2

MIKROS STA PINAKITHIA
NTELI PAPA LEVENDI 2

KE TORA STA, AI MORE PEDIA
KE TORA STA GERAMATA 2

ARMATOLOS STOUS KLEFTES
NTELI PAPA LEVENDI 2