

## Stankena - Greek Macedonia

(also known by the names of several tunes)

Several slightly different versions of this dance are found in western Greek Macedonia. I learned this version from Yiannis Kostantinou in Agia Germanos.

Formation: Open circle, hand hold joined in W pos., change to V in "Fast" section

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Music 11:16 meter q q S q q Begins slow and speeds up  
Dance Counts 1 & 2 3 (listed here under the related qqSqq)  
(Bob and Jerry Kolo Festival CD, from Y. Kostantinou collection)  
Pattern: Three measure dance, with Slow, Mid, & Fast sections. Begin facing CCW

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### Slow Section:

- Meas 1: 1) Step R fwd,  
& 2) slowly swing L fwd  
3) Step L fwd and turn to face center
- Meas 2: 1) Step R to Center  
& 2 3) touch L beside R or, hold beside R ankle
- Meas 3 1) Step L back to place  
& 2 3) touch R beside L or, hold beside L ankle

### Mid Section:

- Meas 1: 1)Facing CCW, Step R fwd  
& 2) Swing L fwd  
3) Step L fwd and turn to face center
- Meas 2: 1)Facing CCW, Step R fwd  
&) Swing L fwd  
2) Step L fwd  
3) Step R bkwd
- Meas 3 1) Step L in place or slightly fwd  
&) Step R fwd  
2) Step L fwd  
3) Lift R low with bent knee Bend R knee low

### Fast Section:

- Meas 1: 1)Facing CCW, Step R fwd  
&2) Swing L fwd  
3) Step L fwd and turn to face center
- Meas 2: 1)Facing CCW, Step R fwd  
&) Swing L fwd  
2) Step L fwd  
3) Step R bkwd (to the R in some versions)
- Meas 3 1) Step L beside R  
&) Step R to R  
2) Step L fwd  
3) Small hop with R calf lifted

Note: Some tunes for this dance do not play all three sections.