

SYNGATHISTOS

FORMATION: This dance begins as a partner dance and later becomes a line dance. it is danced usually with a man and woman, but either two women or two men also dance it. Partners are facing each other with arms out to snap the rhythm. When it becomes a line dance all join arms at the shoulders.

Measure: Fig. (A)

- 1 step L ft in front of R accenting a heavy step (S)
- 2 three quick steps in LOD stepping L ft across R small, step L ft to R, and small step R to R
- 3-16 REPEAT MEAS 1 & 2 8 TIMES, each couple CREATING their own circle.

Fig. (B)

- 1 with feet together both partners squat, body erect to a "squatting position", pivoting knees towards L while going down and to R while rising (ct 1 & 2)
- 2 Rise facing the partner, flexing the knees, extending arms out, facing partner with palms almost touching.

THIS IS DONE THREE TIMES AND ON THE 4TH TIME

- 3 & 4 Do a turn CW, stepping R, L, R, and r together (in place) arms out on 4th step
- 5-8 REPEAT FIG. (B)

FIG. (C)

- 1-2 basic hassapiko, all arms on shoulders in open circle step R ft to R, step L ft across in front of R, step R to R swing L leg across in front of R, step L to L side, swing R leg across in front of R, step L to L side, swing R leg across behind L leg

DO THIS STEP 9 TIMES ON THE TENTH YOU STEP R, L, R, TOGETHER

Fig. (D) altogether 16 phrases

- 1&2 a) same as (C) except on 4th step deep knee bend, and on ct 5, 6 rise kick R ft behind L, and start again.
b) same as above on R, L, R swing R, and in place follow with 3 brush steps fwd LRL (QQQ)
a and b are done 4 times each.

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