

SYRTÓS KEFALLINIÁS — Ionian Is.

Συρτός Κεφαλληνίας

Presented by Ted Sofios

(Line dance, no partners)

Translation: Syrtós from the island of Cephalonia.

Record: Folkraft LP-6 (2:20)

Starting Position: "W" position. Right foot across Left.

Rhythm: 3/4



VARIATION I --Basic

Measure
1-2

Step Sideward R on right foot (count 1),
Cross and step on left foot in back of right (count 2).
Turning to face slightly right, four walking steps fwd starting
with right foot (counts 3-6). Note: Sometimes there is a
slight Hop on right foot just before the second walking
step (left).

3 Turning to face center, Leap sideward right on right foot
swinging left across in front (count 1),
Moving left, step sideward left on left foot (count 2),
almost on floor facing center;
Cross and step on right foot in front of left (count 3)
face RLOD.

4 Step sideward left on left foot (count 1) face center,
Point Right toe across in front of left (count 2),
Hold (count 3), brush R toe across L (ct &).

VARIATION II --"Repeat"

- 1 Step back on R.
- 2 Step back on L.
- 3 Step fwd on R.
- 4 Step fwd L, with slight lift on R.
- 5 Cross R toe over L ft.

Note: Sometimes done once and sometimes twice.

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TURNING VARIATIONS:

	VARIATION I		
Measure			
1-3	Turn to R in LOD	}	(Meas 1-3, 4-6 & 8-10 may be done individually or in any combination.)
4-6	Repeat meas 1-3		
8-10	Turn to L in RLOD		

VARIATION II

1-2 Turn R and move out of circle.
OR Turn to L backing out of circle, with same ftwk.

Pattern of Dance:

Intro - 4 meas; 1 Syrto; Basic (Variation I); Variation II twice; Var. I, 4 times, Var. II, once; Var. I, once; Var. II, once; Var. I, twice; Var II, twice; Var I, 4 times; then alternate one of each Var. until end of dance.

