

SYRTOS PYLEAS or KATO ST'ALONIA

Translation: Syrtos from the village of Pylea. Other names: Syrtos Makedonikos (Syrtos from Macedonia), Kapoutzidianos (from the village of Kapoutzides). Greece.

Record: Folkraft 1460x45 and LP-3 Side A, Band 1.

Rhythm: 7/8 - Slow, Quick, Quick. 1 2 3

Formation: Open circle. Hands held in "V" position.

- Meas. 1 Facing slightly to R.
Step forward on R (ct.1)
Rock back on ball of L in place (ct.2)
Rock fwd on R in place (ct.3)
- 2 Repeat meas. 1 with opposite footwork.
- 3 Facing centre and raising hands to "W" position
Step on R to R (ct.1)
Step on L in behind R, turning slightly to L (ct.2)
Step on R in place (ct.3)
- 4 Repeat meas. 3 with opposite footwork
- 5-12 Repeat Meas. 1-4 twice
- 13-14 Repeat pattern of meas. 3-4

