

*Time:* 2/4

*Steps:*

- 1 Side r.
- 2 Step l. in front of r.
- 1 Side r.
- 2 Point l. in front of r.
- 1 Step back on l. foot.
- 2 Point r. foot in front of l. (*Facing counter-clockwise*)

### *Variation*

The Tratta is also a Nēsiotiko, which is more lively.

- 1 & Back r. oblique.
- 2 Cross l. behind r.
- & Side r.
- 1 & Cross l. in front of r.
- 2 Forward r. oblique
- & Step together l.

*PETRIDES*

## TIK

This dance is one of the most popular dances of Pontus (Lazistan). Its name in Turkish means upright or support (which is almost similar to the Greek word *s-toich-os* which has the same connotation.) Actually, there are a variety of Tiks, the basic pattern being the same.

Tik *ston topon* (in place)

Tik *ston gonaton* (on knees)

Tik *galenon* (gently)

Tik *langefton* (leaping)

Tik *tromachtton* (shaking)

Tik *diplon* (double, the music doubles in speed)

Tik *machera* (sword or knife dance)

The Tik also illustrates a part of life on the Black Sea where

the dance depicts the quick movement of fish through the water and the "tromachton," symbolizing the aimless flutterings of the fish after it's caught and pulled out of the water.

One of the outstanding features of the Pontus dances is the slow raising of arms from the down position to the straight up. This is not to mean though, that the regular armhold is not used for most of the dance.

*Characteristics:* At first the dancers move rigidly with heavy steps. They stand close to each other shoulder to shoulder with hands and arms held straight down at sides. As the dance progresses, the dancers move more freely, increasing the distance between each other and their arms are swung slowly straight up into the air.

*Formation:* Open circle, moving counter-clockwise with regular W handhold.

*Time:* 5/8

*Steps:*

Quick: 1, 2 Side r.  
Slow: 3, 4, 5 Cross l. behind r.

Quick: 1, 2 Side r.  
Slow: 3, 4, 5 Step together l.

Quick: 1, 2 Side l.  
Slow: 3, 4, 5 Step together r.

Quick: 1, 2 Side r.  
Slow: 3, 4, 5 Step together l.

Quick: 1, 2 Side l.  
Slow: 3, 4, 5 Step together r.

### *Variation*

A { Quick: 1, 2 Side r.  
Slow: 3, 4, 5 Cross l. behind r.

B { Quick: 1, 2 Side r.  
Slow: 3, 4, 5 Cross l. over r., step back on r.

- C { Quick: 1, 2 Side l.  
 Slow: 3, 4, 5 Cross r. over l., step back on l.
- D { Quick: 1, 2 Side r.  
 Slow: 3, 4, 5 Cross l. over r., step back on r.
- E { Quick: 1, 2 Forward l.  
 Slow: 3, 4, 5 Forward r. next to l.,  
 shift weight back on l.

For B, C, D and E, a step-hop, crossing one leg in the air, can be substituted.

PETRIDES

## TSAMIKO

The Tsamiko, as its name suggests, originated in and was the most popular dance of the area of Tsamidon. The name Tsamidon and Tsamouria (Turkish *Çamouria*) seem to be corruptions of the ancient locality which they now represent and in the past was called Camania. The Turkish name for a person of this area is "Çam." However, during the war of independence, it became the favorite dance of the *klephts* (mountain fighters), and it spread from Epirus through all of Greece and is particularly enjoyed in the Aetolo-Acarmania area. It is not only symbolic of the shepherd's climbing and leaping among the mountain crags and ledges, but goes further back into antiquity, for it is one of the many dances which were associated with the sacred crane (*geranos*).

This dance is different from the general type of war dance, for quite often, especially in Epirus, the beat is slow; yet because of it, the excitement stirred up in the individual, especially the leader, is more deeply rooted than in the faster war dances. The peak of the dance exhorts the leader to perform outstanding gymnastic and acrobatic feats.