

# TRIPÓTIS

(MACEDONIA, GREECE)

*Change leader  
with last  
repetition*

Pronunciation: tree-POH-tees

Source: This dance is from Macedonia in northern Greece. The name comes from two words: "treis" meaning three, and "pátima" (peripatetic) meaning step. According to T. Sofios there is a version of the dance in Greek Thrace with different styling.

Bibliography: Greek Folk Dances, M. Vouras and R. Holden (New Jersey, 1965).

Music: 2/4 meter. Folk Dancer 45 No. 4053-B.






Formation: M and W are in a broken circle with hands held at shoulder height, elbows bent and down.

Characteristics: The feeling of the dance is bright and cheerful. Steps should be on the full ft. The stamps should be light.

Meas   cts





Pattern:

## PART I (first melody)

- |     |   |   |
|-----|---|---|
| I   |  | Starting with the R ft, run to the R taking   |
| II  |  | five small steps (facing LOD).  |
| III |  | Lightly stamp the L ft twice in place next to R ft.<br>Pause.   |
| IV  |  | Facing LOD and starting with the L ft, run bkwd<br>five small steps in RLOD (on fifth step turn to face ctr). |
|     |  | Lightly stamp the R ft twice in place next to L ft.<br>Pause.   |

Repeat this sequence one more time.

## PART II (second melody)

- |     |   |   |
|-----|---|---|
| I   |  | Step sdwd to the R on R ft.<br>Lightly stamp L ft next to R.  |
| II  |  | Step sdwd to the L on L ft.<br>Lightly stamp R ft next to L.  |
| III |  | Step sdwd to the R on R ft.<br>Lightly stamp L ft twice next to R ft.<br>Pause.   |
| IV  |  | Step sdwd to L on L ft.<br>Lightly stamp R ft next to L.<br>Step sdwd to R on R ft.<br>Lightly stamp R ft next to L.<br>Step sdwd to L on L.<br>Lightly stamp R ft twice next to L.<br>Pause. |

Repeat this sequence one more time and go back to first variation.  
Each is done twice.