

Tsamiko Epirou

(Greece)

Tsamiko Epirou is a women's version of a Vlach-style tsamikos from Epiros. I learned this dance while living in Greek Macedonia part of the summer of 1989, primarily from relatives of the Konstantinou family. I myself decided to put the steps to this rather unusual tsamikos melody.

MUSIC: "The Eagle," from Orpheus' "Greek Rhapsody"

FORMATION: Long line, leader on the R. High handhold ("W").

STYLE: Feminine, with slight swaying of the hips on the walking steps.

METER: 3/4

PATTERN

Meas

1 Facing diag R and moving to the R: Step momentarily on the heel of the R ft on the upbeat, as a preparation for stepping onto the L ft closed behind R heel, knees slightly bent (a 1), *(For the purposes of brevity, I will hereafter call this step, which happens several times in the course of the dance, a "modified bloo-bloop" step.)* step R ft fwd (2), step L ft fwd, bending the knees and keeping ball of R ft on floor, in place behind the L ft (3).

2 Continuing to face diag R and move to the R: Transfer wt bkws onto ball of R ft, straightening both knees and leaning slightly fwd from waist (1), transfer wt back onto L ft, knees bent (2), do a "modified bloo-bloop" step fwd (a 3).

3 Continuing to face diag R and move to the R: Again do a "modified bloo-bloop" step (a 1), step fwd on R ft (2), step fwd on L ft (3).

4 Turning to face ctr: Step on R ft to side (1), step onto L ft fwd, twd ctr (2), step back onto R ft, beginning to turn diag R (3). *(All these 5 walking steps during meas 3 and 4 - plus the 5 walking steps coming up in meas 5 and 6 - should be done with a slight swaying of the hips to the R when stepping on the R ft and to the L when stepping on the L ft.)*

5 Facing diag L and moving to the L: Do a "modified bloo-bloop" step, with opp ftwk (a 1), step on L ft fwd (2), step on R ft fwd (3).

6 Turning to face ctr: Step on L ft to side (1), step onto R ft fwd, twd ctr (2), step back onto L ft, beginning to turn diag R, to begin the dance again (3).

Turning variations: The leader can, anytime she wants, turn individually once around to the R during the first 3 of the 5 walking steps of meas 3 and 4, or once around to the L during the first 3 of the 5 walking steps of meas 5 and 6, or, alternatively, do both turns in the course of the same figure. The leader may also signal the other dancers when she wants them to turn as well.

Dance description by Lee Otterholt
Presented by Lee Otterholt at the Laguna Folkdancers Festival 2005