

**Tsamiko**  
Zagori villages, Epirus, Greece

This dance is one of type of similar Tsámiko dances characterized by a four measure musical phrase with an accent at the end of the fourth. Often followed by one or more other dances. It is common in Épiros for musicians to play medleys of two or more different types of dance music; the dances that follow are called yirisma (a turning). The band often finishes with Stá Dyo´ (Pogonísios).

Music: Kalonihtia Rebatí, Ksipna Perdikomata Mou, Alismo Ke Herome, Kleftes,

Formation: Open circle of dancers facing center in W-Pos, hands at shoulder height, elbows down and leader on the right. The dance is traditionally for men and women in double lines, women in a separate line in front of the men's line or in one line of all men, then all women.

Steps and Styling: Slow tempi are common in Épirus. The steps are slow, stately, softly bouncy and controlled but relatively small. Women might do low lifts, but normally touch the free foot. Movements and pauses are deliberate, yet fluid. This dance is often highly improvised, especially by men with turns, squats, and kneels. A woman as leader will turn.

Measure 6/4 meter

**PATTERN**

- 1 Facing slightly R of ctr and moving in LOD with knees slightly bent, small step on R (ct 1); step on L beside R heel (ct 2); step on R (ct 3); step on L across in front of R (ct 4); step on R to face center (ct 5); swing L leg, knee slightly bent, across in front of R (touch fwd for women) (ct 6); dip and recover by bending and straightening R knee, as L foot draws back slightly (hold for women)(ct 6).
- 2 Repeat meas 1 with opposite ftwk and direction.
- 3 Step fwd on R (ct 1); lift on R, raising L ft behind R ankle (touch for women) (ct 2); step back on L (ct 3); step to R on R bringing L fwd (ct 4); step on L slightly across R in LOD (ct 5); touch ball of R behind L or raise R ft behind L ankle (ct 6).
- 4 Step R to R (ct 1); Raise L next to or behind R (women touch L next to R) (ct 2); step L back and to L (ct 3); step R behind L (ct 4); step diagonally fwd L on L (ct 5); hook R behind ankle (women touch R slightly fwd) (ct 6).

## Tsamiko

Variations done at will by individual dancers:

- 1 Women may touch L slightly behind (ct 5); or touch fwd (ct 5) and slightly behind (ct 6).  
Men may raise L behind (ct 5) or swing low across (ct 5) and raise behind (ct 6).
- 2 Reverse meas 1.
- 3 Touch (women) or swing (men) L fwd (ct 2).
- 4 Step on R to R (ct 1); step on L across in front of R (ct &); step back on R (ct 2); step on L to L (ct 3); step on R across in front of L (ct &); step back on L (ct 4); bring R ft behind L ankle (touch for women) (ct 5); hold (ct 6).
- 4 Hook R across L (men) or touch R fwd (women) (ct 5).