

SIXTEEN-STEP TSAMIKO

(Greek)

According to Ted Petrides the Sixteen-step Tsamiko is "the more correct form of the dance" and the older form of Tsamiko.

METER: 3/4. Steps and leg lifts occur on beats 1 and 3.

RHYTHM: Slow (1-2), Quick (3)

FORMATION: Hands held at shoulder level, weight on Left foot, Right foot touching floor in front of Left.

Count		Step
Slow	(1)	R Step Right to right.
Quick	(2)	L Step Left across in front of Right.
Slow	(3)	R Swing Right up diagonally right in front of Left.
Quick	(4)	R Step Right close to Left.
Slow	(5)	L Touch Left to floor diagonally back to left.
Quick	(6)	L Step Left across in front of Right.
Slow	(7)	R Step Right to right.
Quick	(8)	L Bring Left foot up behind Right to about knee level.
Slow	(9)	L Step Left to left.
Quick	(10)	R Step Right across in front of Left.
Slow	(11)	L Step Left to left.
Quick	(12)	R Swing Right up across in front of Left.
Slow	(13)	R Step Right to right.
Quick	(14)	L Step Left across Right.
Slow	(15)	R Point Right to right.
Quick	(16)	R Touch Right in front of Left as in beginning position.

NOTE: Other versions of the origins of the dance and the name exist but this is from Ted Petrides book, "Folk dances of the Greeks". 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 Camouria) seem to be corruption's 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 "Cam". 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-Acarnania 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 (*goranos*).