

Tsirigótikos

(Greece)

Tsirigótikos ("tsi-ree-GHOH-tee-kohs") is a syrtos from the Ionic island of Kytherá. A faster and more energetic version is done on the Cyclades islands.

Formation: Open circle, leader on R with shoulder hold ("T").

Style: Sedate.

METER: 4/4

PATTERN

Meas

I. Figure 1 (Basic step – on verse)

- 1 Facing slightly R and moving to the R: step on R ft back and to the R (1), step on L twd ctr in front of R (&), repeat (2&), step on R ft to R (3), lift L ft very low in front of R ft (&), turning slightly L of ctr, step on L ft to L (4), lift R ft very low in front of L (&).
- 2 Repeat meas 1

II. Figure 2 (fancy step – on refrain)

- 1 Repeat cts 1&2& of Fig 1 (1&2&), turning to face slightly L of ctr, small leap onto R ft to R while bringing L ft to position lifted behind R ft (3), step to L on ball of L ft (&), step on R ft crossed in front of L (a), step on L ft to L (4), lift R ft very low in front of L (&).
- 2 Repeat meas 1.

Cyclades version of Tsirigótikos (faster music – more energetic dancing)

I. Figure 1 (Basic step – "walking" – on verse)

- 1 Facing diag R and moving to the R: walk 5 steps forward (1&2&3), lift L leg fairly high in front of R, knee slightly bent (&), turning diag L of ctr, step on L ft to L (4), lift R leg fairly high in front of L, knee slightly bent (&).
- 2 Repeat meas 1

II. Figure 2 (fancy step – on refrain)

- 1 Twisting lower body slightly L of ctr, take wt on both feet, about 1 foot apart (1), hop on R ft (&), step on L ft crossed in front of R, lower body is now twisted slightly R of ctr (a), repeat 1&a (2&a), turning to face slightly L of ctr, small leap onto R ft to R while bringing L ft to position lifted behind R ft, knees close together (3), step to L on ball of L ft (&), step on R ft crossed in front of L (a), step on L ft to L (4), lift R ft in front of L (&).
- 2-4 Repeat meas 1 3 more times. (As long as the refrain is played/sung.)

Leader could repeat each figure as many times as he or she pleases, but generally the transitions follow the music so that the more energetic 2nd figure coincides with the more energetic part of the music (the refrain).