

# VARI HASAPIKOS

FOLK DANCE STUDY GROUP

## VARI HASAPIKOS - Periotikos

(Greek)

A good record is Balkan 45-848-B

Basic: R close, L close, R to R, L behind, R close w/weight on R (this step is done from side to side). Go into a variation stepping forward w/L.

- #1 L forward; R arc around, step behind L w/R, step behind R w/L. Leap to the R w/R. Step L in front of R, tuck R behind L. Rock forward once on L heel; step forward on the ball of the L foot; placing R heel to the L calf w/knee forward, then swing knee to the R. Step R back, step L close behind R. Repeat basic.
- #2 L forward, swing R around closing feet together. Open w/toes, open w/heels, close w/heels, close w/toes. Large leap to R w/R, step L across in front, tuck R behind L. Rock forward once on L heel, step forward on the ball of the L foot; placing R heel to the L calf w/knee forward, then swing knee to the R. Step R back, step L close behind R. Repeat basic.
- #3 L forward. Touch R toe by L heel, bring R heel behind L knee, describing an arc w/R knee, drop down in deep squat w/knees together and up. (Women do not go all the way down). Repeat basic.
- #4 Start second basic; on the second step to the R, drop hands and snap fingers on every beat; stepping R, L behind and R close (this finished out the basic to that point). Step forward L doing a half-turn counter-clock wise, slipping R heel w/R hand (half way through the turn). Complete turn by stepping back into place on R and tuck L heel behind R knee. Step L and close. Repeat basic.
- #5 L forward; R arc around, step behind L w/R, step behind R w/L. Leap to the R w/R. Step L in front of R, tuck R behind L. Leap to L on L, step R in front of L, tuck L behind R. Arc of R, stepping R close behind L. Step L close behind R. Leap to R on R, step L in front of R, tuck R behind L. Rock forward once on L heel, step forward on the ball of the L, placing R heel to L calf w/knee forward, then swing knee to the R. Step R back; step L close behind R. Repeat basic.
- #6 L forward, swing R around closing feet together. Keeping feet together, swing toes to R, then heels to R, toes to R. Forward w/L. Touch R toe by L heel, bring R heel behind L knee, describing an arc w/R knee, drop down in deep squat w/knees together and up. (Women do not go all the way down).

Note: In order to end with the suggested record, repeat Variations #1, #5, ending ~~xxx~~ with #4, putting a basic in between each variation.

Additional Notes: Please remember that this just represents a cue sheet for the feet, and is no attempt to commit to words and writing anything at all regarding style.

A good Syrto record is: Liberty 259-B.