



VARI Hasapiko

Greek

Χασαπικός

Music: Slow Hasapiko (Frangosyriani) from *Greek Dances and How to Do them*

Time: 5:00

Groups of three are scattered on the stage. The introduction followed by Two basic steps, the variations are done in the following order separated by two basic steps.

Variations:

Introduction - Begin with feet together. Step to the left with left foot, slide right foot to it, touch heel, step to the right with right foot, slide left foot to it. During the first two steps the left arm comes up, right arm goes down and snap, then right arm goes up, left arm down and snap.

Deksia - Begin basic, at first kick touch right foot to the side, bring together. Fall to the right and catch yourself with your right foot. Slide your left foot to your right.

Tria - Three to the right, three to the left, kneel

Piso - Snap, clap, hit, kneel, turn, kneel the other way, finish the basic. One basic, and do it again.

Zorba - To the right :left foot front, back, front. To the left: right foot front back front, kneel.

Tria dio ena pidikto - three to the right, three to the left, 2 to the right, two to the left, one right, one left, together. Two jumps feet apart, two jumps on left foot, two jumps on right foot, one on left, one on right, one on left, finish basic.

Zorba strofi - Begin basic, *Zorba* to the left *Zorba* to the right. Right foot comes around crosses over left, pivot turn clockwise till you are facing to the back with heels together, toes apart.. During turn your arms are on a diagonal. Toes together. Toes out, heels out, heels in, toes in. Basic step. *Tria* with a turn instead of kneeling.

Tria gonato - Begin basic, Three to the left. Kick out left foot, then bring it to right knee, then forward and

kneel. Do the same to the right. Then 2 to the left, two to the right, one left, one right, feet together. Hop on right foot, kick left behind you, look to the floor. Switch feet, lean back. Step on right, hop on right, bring ft in front and kneel. Finish Basic.

Kato - Start Basic. At first kick bring right foot forward and kneel. Come up, swing right foot back and kneel.

Translations:

Deksia - right

Tria - three

Piso - back

Tria dio ena pidikto - Three-two-one Jump

Strofi - Turn

Tria gonato - Three knee

Kato - down



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