

ZAGORÍSIOS—Epirus

Zayoplosoc

(Line dance, no partners)

Translation: from Zagóri, an area northeast of Ioánnina, beyond the Mitsikéli mountain, which contains 46 villages.

Rhythm: 5/4

Starting Position: "W" position. Weight on ball of right foot, heel raised; left foot free.



Measure

- 1 ♪ LOWER AND RAISE RIGHT HEEL slightly, TWICE, slowly swinging left foot
♪ around to front (counts 1-and-2-and),
♪ CROSS AND STEP on LEFT foot slightly in FRONT of right (count 3),
♪ TOUCH RIGHT TOE (right heel raised high) in BACK of left heel (count 4),
PAUSE (count 5).
- 2 ♪ STEP SIDWARD RIGHT on ball of right foot (count 1),
♪ CROSS AND STEP on LEFT foot in FRONT of right (count 2),
♪ STEP SIDWARD RIGHT on ball of right foot (count 3),
♪ CROSS AND STEP on LEFT foot in FRONT of right (count 4),
♪ PAUSE, swinging right foot around to front (count 5), raising left heel (count and).
- 3 ♪ LOWER AND RAISE LEFT HEEL slightly, TWICE, slowly swinging right foot
♪ around to back (counts 1-and-2-and),
♪ CROSS AND STEP on RIGHT foot slightly in BACK of left, (count 3),
♪ TOUCH ball of LEFT foot beside right heel (count 4),
PAUSE (count 5).
- 4 ♪ STEP SIDWARD LEFT on left foot (count 1),
♪ CROSS AND STEP on ball of RIGHT foot in BACK of left (count 2),
♪ STEP SIDWARD LEFT on left foot (count 3),
♪ CLOSE AND STEP on RIGHT foot beside left (count 4),
♪ PAUSE (count 5), raising right heel and touching left toe (left heel raised high) slightly left of right heel (count and).

Ricky Holden & Mary Bouras