

ZAGORITIKOS
(Greece)

Record: "Songs and Dances of Epirus" Tardonia A. H. Records LP 1

Formation: Hands held at shoulder level. Women's dance.

Rhythm: 5/8 counted Q, Q, Q, S or 1, 2, 3, 4. Ct 4
is underlined as it is longer (2/8).

Measures

Pattern

I.

- 1 Touch L in front of R (ct 1), touch L to L side (ct 2),
step L in front of R (ct 3), bring R up behind L so that R
ankle is touching diag across back and inside of L leg (ct 4).
- 2 Face R, step R to R (ct 1), step L to R (ct 2), step R to
R (ct 3), step L to R (ct 4).
- 3 Face ctr, bring R around to step twd ctr of circle and drop
the wt onto it heavily with slight knee bend (ct 1), step on L
directly behind R (ct 2), step R back from ctr (ct 3), raise
L almost straight knee in front of R (ct 4).
- 4 Face R and walk bwd, step L to L moving diag back to the
L (ct 1), step on R diag behind L (ct 2), step on L to L (ct 3),
close R to L (ct 4).

M styling

- 1 Touch L in front of R (ct 1), lift L to L side (ct 2), step L
in front of R (ct 3), bring R up behind L knee (ct 4).
- 2 Same step as for W.
- 3 Same as for W (ct 1), same as for W (ct 2)
Drop heavily onto R directly behind L (ct 3), stamp L and
lift until thigh is parallel to ground (ct 4).
- 4 Same as for W.

Presented by: Sonny Newman