

ZONARÁDIKOS  
(Thrace-Greece)

This is a dance from Thrace (Thráki) in northeastern Greece. The word "Zoni" or "Zonári" means a belt or sash in Greek. The name of the dance, "Zonarádikos," refers to the belt hold used in the dance. Other titles are "Hasapikos Thrakis," or "Pilalitos." There are many step variations possible for this dance, as well as many possible tunes which are used.

Pronunciation: zoh-nah-RAH-dee-kohs

Music: Soul Dances of the Greeks, LP  
Songs and Dances of Greece, Audio Int. 206, LP  
or any Zonarádikos  
2/4 or 6/8 meter.

Formation: A broken circle with belt hold or front chain hold: hold hand of person on other side of neighbor (your arm is across in front of your neighbor).

Characteristics: The feet are not lifted too far from the floor; knees are slightly bent. The feeling is joyful and vigorous. The music may be slow or fast.

<u>Meas</u>	<u>cts</u>	2/4 or 6/8
I	1	Step to R on R ft.
	2	Step across in front of R on L ft, OR, step almost next to R on L ft.
II	1	Step to R on R ft.
	2	Swing L ft in front of R, lifting R heel from floor, OR, lift L ft under you; L ft is not too close to R leg, lifting R heel from floor.
III	1	Step to L on L ft.
	2	Swing R ft behind L, lifting L heel from floor (facing LOD), OR, lift R ft under you; R ft is not too close to L leg (facing ctr).
<u>Variation (if music is fast).</u>		
I	1,2	Same as basic step except it is more a running step.
II	1	Stamp on both ft; ft are apart and knees are bent.
	2	Hop on R ft, lift L ft under you or slightly swing L ft in front of R.
III	1,2	Same as basic except hop on L ft on ct 2.

Presented by John Pappas

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Dance description courtesy Stockton Folk Dance Camp, 1976