

Presented by David Henry

ZONARÁDIKOS

ZONARÁDHIKOS

Greek

Zonarádhikos is a mens' line dance of the Greek refugees from Bulgarian Thrace (Eastern Rumelia) who settled in Greek Thrace and Macedonia after the population exchanges of the early 1920's. The name refers to the fact that it is danced with a "belt" hold, Zonári being the word for the cummerbund which was until recently used in place of a belt. The name, therefore, means the same as "Za Pojas" - "by the belt".

SOURCE: Learned from Petros Hajinas, lead dancer of the Lykeion-ton of Athens, in Athens 1973.

MUSIC: 2/4, with the underlying three beats typical of such Thracian tunes, usually played on gaída (bagpipe), or Zourná (primitive oboe) with daouli (big drum) accompaniment. Two good records are: ~~MINOS~~ 5199 (45) and Soul Dances of the Greeks (LP). <sup>MINOS</sup>

FORMATION: Mens' line dance, belt hold, L ARM OVER R

2/4

PATTERN

- Meas FIG I: AÍDE ("come on")
- 1 Facing ctr, step on R ft swd to R (ct 1) step on L ft across in back of R (ct 2)
  - 2 Step on R ft swd to R (ct 1) lift L ft to L, keeping it close to ground (ct 2)
  - 3 Repeat meas 2 with opp ftwk and direction
- FIG II: EMBRÓS ("forward")
- 1 Facing ctr, step on R ft fwd (ct 1) step on L ft fwd close to R (ct 2)
  - 2 Step on R ft fwd (ct 1) lift L ft bwd (ct 2)
  - 3 Step on L ft fwd (ct 1) jump, in place, with feet about 6" apart (ct 2)
  - 4 Jump, in place with feet together (ct 1), step on L ft bwd (ct 2)
  - 5 Step on R ft bwd (ct 1) lift L ft fwd somewhat to the L (ct 2)
  - 6 Repeat meas 5 with opp ftwk.
- FIG III: DHEXIÁ ("to the right")
- 1 Facing now somewhat to ~~LOD~~, step on R ft fwd (ct 1) step on L ft fwd (ct 2)
  - 2 Step on R ft fwd (ct 1) lift L ft bwd (ct 2)

*continued...*

- 3 Step on L ft fwd (ct 1) step on R ft fwd close to L (ct &)  
step on L ft fwd (ct 2)
- 4-6 Repeat FIG I, meas 1-3 now facing center.

FIG IV: KÉNTRON ("center") (NOT TAUGHT AT SAN DIEGO)

- 1 Facing now somewhat to RLOD, step on L ft swd to L (i.e.-  
to "center")(ct 1) step on R ft swd to L, close to L ft(ct 2)
- 2 Step on Lft swd to L (ct 1) hop on L ft bringing R ft up  
sharply to about 6" from ground (ct 2)
- 3-4 Repeat meas 1-2, with opp ftwk and direction (i.e. away from  
"center")

FIG V: KÁTO ("down")

- 1 Facing "center" again, brush the R ft fwd (ct &), leap onto  
R ft fwd (ct 1) touch the L toe about 12" behind and to L  
of R heel (ct &) kneel on L knee about 4" behind and to L  
of R heel with wt evenly distributed between the L toe and  
knee-keep torso straight (ct 2) lift the R ft sharply (ct &)
- 2 Stamp the R ft without wt (ct 1) lift the R ft sharply (ct &)  
stamp the R ft without wt (ct 2), lift the R ft sharply (ct &)
- 3 Stamp the R ft taking wt on R ft (ct 1) hop on R ft rising  
again to standing position (ct &) step on L ft swd to L (ct 2)

FIG VI: DHEXIÀ KAÌ KÁTO ("to the right and down")

- 1-3 Introduction: Repeat FIG III, meas 1-3
- 1 Step on R ft swd to R (now facing "center") (ct 1) step on  
L ft across behind R (ct 2)
- 2 Step on R swd to R (ct 1) leap onto L ft swd to L in crouch-  
ing pos-torso high (ct 2)
- 3 Stamp R ft across in front of L (ct 1) hold (ct 2)
- 4 Stamp R ft to R of and in front of L (ct 1) hold (ct 2)  
Rising to standing pos, and facing somewhat to RLOD,
- 5 Step on R ft fwd (ct 1) step on L ft fwd close to R (ct &)  
step on R ft fwd (ct 2)
- 6 Repeat meas 5 with opp ftwk  
During repeats of this figure, the Introduction is omitted.

NOTE:

Although this is a mens' dance, the young women of the Lykeion here in Athens and of folk dance groups in the States like to do this dance, even the "squat" steps. This is not so inappropriate as it may, to some, appear, inasmuch as women do squatting figures in some of the Eastern Rumelian dances. I leave the decision "to dance or not to dance" to the discretion and agility of the dancer (not all men will want to Figs V & VI). I have added names for the steps so that they may be called. The leader may want to confine him/herself to Figs I-IV, or to make up a routine to fit the music. Each figure may be done as often as the leader wishes. The "DH" of Zonarádhikos and Dhexià is pronounced as the "TH" in the English word "that" (not as in "think")