

# Zonaradiko

*Greek*

## History

This is a Greek dance, although versions of it appear all over the Balkans

## Rhythm

The music is in an even 4/4 rhythm. It can be thought of as quick-quick-slow-slow or three quick steps followed by a bounce, then one quick step and another bounce.

## Steps

The dance is done in a circle, arms in a W hold. Start off facing right of centre.

Take three steps forward, starting with the right, moving to the right and slightly inwards. Bounce on the right foot.

Turn to face centre and take one step back with the left, then bounce on the left foot.

## Variation

Take three steps forward, moving to the right of centre, then bounce on the right foot. Take another step forward with the left, then bounce on the left foot.

Turn to face left of centre then do the sequence in reverse - three steps back, bounce, one step back, bounce.

The final bounce going inwards can be replaced with a stamp as the music gets more animated.

The variation is called by the leader, and usually occurs when there is no singing.

## Music

Zonaradiko from Cirikli by Xenos.

Dance description by Andy Bettis 5/2006