

ZONARADIKOS

( ZOH NAH RAH THEE KOHSS )

SOURCE: Danced in Thrace and the dance derives its name from the belt hold, as the arms are extended holding on to the belts of those next to you. In cases where the belts are evident, it has become accepted to hold hands at cross arms as in a basket hold. The zonaradiko is the common dance of the Thracian dances and the movements do simulate those of horses, and their hoofs. The dance has all the dancers doing the same steps, as the leader calls out the variations, and it does remind one of an armada at times, or the famous Thracian horses.

Formation: Belt hold, in a mixed line, or usually the line is led by men, and the women are joined, and only when men get into their deep knee variations, then the women separate.

RECORD: Soul Dances of The Greeks

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PATTERN

Measure

FIG A

- 1 Step R ft to R, cross L ft front of R
  - 2 Step R ft to R, cross L ft front of R, each step with a slight hop
  - 3 Step with R ft to R turning body to bwds of RLOD, step with L to R but behind R ft
- REPEAT SIX TIMES

FIG B

- 1 same as in FIG A
  - 2 cross R ft front of L and step with R ft, bending body over and take three steps R L, R L, R, then with L ft travelings bwds
  - 3 take three little steps in RLOD to R with L,R,L
- REPEAT SIX TIMES

FIG C

- 1 same as in FIG A
  - 2 facing ctr and traveling to ctr take in syncopated rhythm three little steps R,L,R, and then L,R,L,
  - 3 Bring feet together and hold for one count
- Then take three little steps traveling directly bwds with L,R,L,
- REPEAT SIX TIMES FIG D

Same as in FIG A

- 1 bringing both feet together and as if stamping first with both feet to the L
- 2 then turning the whole body to the R, again to the L, and again to the R
- 3 after a short pause, take three little steps bwds with L,R,L

FIG E

- 1 Three quick steps travelin to RLOD with R,L,R, L ft crossing behind
- 2 step with L ft to L, and leaving R ft out just lift off the ground and be ready to start with R ft

FIG F

- 1 Traveling to R and facing cetr take three quick steps R,L,R
  - 2 Traveling to R and facing ctr take three quick steps L,R,L
  - 3 in slower tempo and also facing ctr take three steps R,L,R, with L crossing behind
  - 4 L ft raises as R knee bends and step directly to ctr, cross R ft and with toe in front of L ft brush toe three times.
- REPEAT SIX TIMES

presented by Athan Karras

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