

ZONARADIKOS (Zoh-nah- RAH-thee-kohs)

The name Zonaradikos is derived from the Greek word "Zonari" meaning sash and refers to the sash hold used in the dance. Today we either hold hands in a basket weave or belts while doing the dance. The dance comes from Thrace, the Northeastern most region of Greece, and has some similarities to the Bulgarian dances as do many other Thracian dances.

Music: Kefi Records KER 101  
Music Box MB 835  
PI Records LP 33  
or any other Zonaradiko song may be used

Formation: Line dance done by both men and women holding hands in a basket weave or belts.

Characteristic: The dance is very lively with knees slightly bend and with the body bend slightly forward

Meter: 6/8 time

The dance starts at the beginning of any musical phrase and everyone facing center.

Meas	Count	
I	1	Step on R twd R facing 45 LOD
	and	Hop on R bringing L ft alongside R ankle
	2	Step on L across in front of R
	and Hop on L	bringing R ft alongside L ankle
II	1	Step on R twd R
	and	Step on L across in front of R
	2	Step on R twd R
	and	Hop on R bringing L ft alongside R ankle
III	1	Step on L twd R, close and step on R besides L ft
	and	Step on L twd R
	2	Step on R twd R facing center
	and	Step on L behind R
IV	1	Step on R twd R
	and	Point L toe twd L, raising L heel off the floor slightly, leaning away from pointed ft and facing opp LOD
	2	Step on L in place facing center
	and	Repeat Meas. IV, count <u>and</u> with opp ftwk

Variation one:

- I 1 Same as in Meas. I of basic step
- II Repeat Meas. III of basic alternating ftwk

*Continued...*



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Variation one

- III    1        Step on R twd, facing center  
      and        Step on L behind R  
      2        Step on R twd R  
      and        Raise L knee fwd slightly in front of R
- IV     1        Leap on L twd L  
      and        Raise R Leg fwd and in front of L  
      2        Touch R heel in front of L  
      and        Pause

Variation two:

- I                Repeat as in Meas. of basic traveling twd center
- II     1        Step on R twd center  
      and        Step on L twd center  
      2        Touch ball of R next to L, bending supporting knee  
      and        Step on R twd center
- III    1        Step on L twd center  
      and        Stamp R next to L, bending supporting knee  
      2        Step on R bwd  
      and        Step on L bwd
- IV    1        Step on R bwd  
      and        Raise L knee fwd  
      2        Step on L bwd  
      and        Raise R knee fwd

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