

**OMÁL TRAPEZOUNDEÍKON — Pontos**

**Ουρά Τραπεζουνδέικων**

(Circle or line dance, no partners)

**Translation:** Smooth (as in the dance) from the city of Trapezouís (now Trabzon, Turkey) on the Black Sea.

**Rhythm:** 9/8

**Starting Position:** "W" position. Right foot free.



**Measure**

**VARIATION I**

- 1 **STEP FORWARD** on RIGHT foot (counts 1-2 3-4),  
✓ **STEP FORWARD** on LEFT foot (counts 5-6),  
✓ **CLOSE AND STAMP RIGHT** foot beside left without taking weight (counts 7-8-9).
- 2 ✓ **ROCK BACKWARD** and slightly sideward on RIGHT foot (counts 1-2),  
✓ **SWING LEFT** foot ACROSS in front of right (counts 3-4),  
✓ **ROCK** slightly sideward on LEFT foot (counts 5-6),  
✓ **ROCK** slightly sideward on RIGHT foot (count 7),  
✓ **SWING LEFT** foot ACROSS in front of right (counts 8-9).
- 3 ✓ **ROCK** slightly sideward on LEFT foot (counts 1-2),  
✓ **SWING RIGHT** foot ACROSS in front of left (counts 3-4),  
✓ **ROCK** slightly sideward on RIGHT foot (counts 5-6),  
✓ **ROCK** slightly sideward on LEFT foot (counts 7-8),  
✓ **LIFT RIGHT** foot quickly ready to begin again (count 9).

**VARIATION II**

- 1 As I above.
- 2 ✓ **ROCK BACKWARD** on RIGHT foot (counts 1-2 3-4),  
✓ **ROCK** slightly FORWARD on LEFT foot (counts 5-6),  
✓ **ROCK** back on RIGHT foot IN PLACE (counts 7-8-9).
- 3 ✓ **ROCK** slightly sideward on LEFT foot (counts 1-2),  
✓ **POINT RIGHT TOE ACROSS** in front of left (counts 3-4),  
✓ **POINT RIGHT TOE** diagonally FORWARD RIGHT (counts 5-6),  
✓ **POINT RIGHT TOE ACROSS** in front of left (counts 7-8),  
✓ **LIFT RIGHT** foot quickly, ready to begin again (count 9).