

Measure

PART I — (Music A)

- 1 ♪ STEP SIDWARD RIGHT on right foot (count 1),
♪ CROSS AND STEP on LEFT foot in BACK of right (count 2).
- 2 ♪ STEP SIDWARD RIGHT on right foot (count 1),
♪ TOUCH LEFT TOE slightly FORWARD and very quickly, raising it almost immediately by bending left knee slightly (count 2).
- 3 ♪ REPEAT pattern of measure 2 reversing direction and footwork.
- 4-12 REPEAT pattern of measures 1-3 three more times (four times in all).

PART II — Quick (Music B)

- 13 REPEAT pattern of Part I measure 1.
- 14 ♪ Women duck forward under joined hands of men so women are slightly in front, as in Fig. 2. A slight LEAP on ball of RIGHT foot IN PLACE, turning body slightly left and swinging left foot forward (count 1),
♪ A slight LEAP on ball of LEFT foot IN PLACE, turning body slightly right and swinging right foot forward (count 2),
♪ A slight LEAP on ball of RIGHT foot IN PLACE, turning body slightly left and swinging left foot forward (count and).
- 15 ♪ A slight LEAP on whole LEFT foot IN PLACE, turning body to face center and swinging right foot forward (count 1),
♪ HOP on LEFT foot bending right knee so right foot is in front of left leg (count 2).
- 16-24 REPEAT pattern of measures 13-15 three more times (four times in all).



REPEAT entire sequence, resuming original starting position on measure 1 count 1.

OMÁL TRAPEZOUNDEÍKON — Pontos

Ουάλ Τραπεζουνταϊκό

(Circle or line dance, no partners)

Translation: Smooth (as in the dance) from the city of Trapezoús (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).