

OMORFULA

Omorfula means "pretty young girl." This dance is from Akrita, Florina, Makedonia and is usually called Akritikos meaning "from Akri^{ta}" by dance groups. It was learned by Nikie Saffas from Simos and Polixeni Konstantinu and villagers in Alona.

- Rhythm: 4/4
- Record: Florina FL 2C
- Formation: Dancers in a line in "V" pos.
- Steps: Stop-Step - The foot reaches out to touch-step, the body taut; the touch becomes a step to push off from.

Meas

Pattern

I. Basic

- 1 Facing and traveling R, hop L. R sweeps across L, knee bent (ct 1); hop L again (ct &). Step and bend on R. L remains in place, (ct 2), close L to R with a stop-step as described above (ct 3). Step and bend on R (ct 4).
- 2 Facing and traveling R, step and bend on L (ct 1); step and bend on R (ct 2); step and bend on L twd ctr with a stop-step as described above (ct 3); step and bend on R (ct 4).
- 3 In place, facing ctr, hop R (ct 1); hop R again (ct &); step L in place (ct 2); step R slightly back with a stop-step as described above (ct 3); step L in place (ct 4).
- 4-5 Repeat action of meas 1-2.
- 6 Repeat action of meas 3 turning CW 180° to face out. W turn with hands on hips; M turn with arms out.
- 7-8 Facing out and reassuming "V" pos, repeat action of meas 1-2.
- 9 Repeat action of meas 3, turning CW 180° to assume original "V" pos facing in.

II. Variation - Skips

- 1-9 Repeat action of meas 1-9, Part I, skipping on first two steps of meas 2, meas 5 and meas 8.

III. Variation - Skip-Turns

- 1-9 Repeat action of meas 1-9, Part II, turning two or three times with first two or three skipping steps of meas 2, meas 5, and meas 8.