

PALAMAKIA -- Epirus (Northern Greece)

Translation: Hand-clapping

Record: Colonial LP 245

Rhythm: 4/4

Formation: Line dance, men and women together, "W" position.

Part I SyrtosMeas.

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|---|---|---|
| 1 | ♩ | Facing ctr, step sdwd R on R ft (cts 1,2). |
| | ♩ | Cross and step on L ft behind R (ct 3). |
| | ♩ | Turning to face slightly R, step fwd on R ft (ct 4). |
| 2 | ♩ | Continuing R, step fwd on L ft (cts 1,2). |
| | ♩ | Step fwd on R ft (ct 3). |
| | ♩ | Step fwd on L ft (ct 4). |
| 3 | ♩ | Continuing R, step fwd on R ft (cts 1,2). |
| | ♩ | Step and rock fwd on L ft (ct 3). |
| | ♩ | Step and rock bkwd on R ft (ct 4). |
| 4 | ♩ | Still facing slightly R, step bkwd on L ft (cts 1,2). |
| | ♩ | Step and rock bkwd on R ft (ct 3). |
| | ♩ | Step and rock fwd on L ft (ct 4). |

Part II Stamp and Clap

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|---|---|--|
| 1 | ♩ | Facing ctr, two steps fwd (R, L) (cts 1,2,3,4). |
| 2 | ♩ | Three stamps in place, R, L, R (cts 1,2,3,4). |
| 3 | ♩ | Two steps bkwd, L, R (cts 1,2,3,4). |
| 4 | ♩ | Close and step on L ft next to R, releasing hands to clap three times (cts 1,2,3,4). |

Part I is danced twice through each time, always followed by Part II, done only once, except in beginning, where Part I is done four times.

Description by Dennis Boxell. Abbreviations added to fit U.O.P. syllabus format.

Presented by Dennis Boxell