

# TSÁMIKOS — Panhellenic

Τσάμικος

(Line dance, no partners)

**Translation:** from the tsámides, the people who live in the region of Soulí or Paramythiá in south Epirus.

**Rhythm:** 3/4

**Starting Position:** "Λ" position: hands joined (right holding neighbor's left) at head level. Right foot free.



## Measure

### VARIATION I — Basic

- 1 ♪ STEP SIDEWARD RIGHT on right foot (counts 1-2),  
♪ CROSS AND STEP on LEFT foot in FRONT of right (count 3).
- 2-3 REPEAT pattern of measure 1 twice (three times in all).
- 4 ♪ STEP SIDEWARD RIGHT on right foot (counts 1-2),  
♪ HOP on RIGHT foot, bending left knee to swing foot up behind right leg (count 3).
- 5 ♪ REPEAT pattern of measure 1 reversing direction and footwork.
- 6 ♪ STEP SIDEWARD LEFT on left foot (count 1),  
♪ BRUSH ball of RIGHT foot FORWARD ACROSS in FRONT of left (count 2),  
♪ HOP on LEFT foot, bending right knee so right foot is across in front of left leg (count 3).

### VARIATION II — Double step

- 1-6 As I above except for a double or catch step replacing the simple sideward step of counts 1-2. In measure 1: step sideward right on right foot (count 1), shift weight to ball of left foot, moving it very slightly toward right (count and), step sideward right on right foot (count 2). The same in measures 2-4; the same, reversed, in measure 5.

### VARIATION III — Turn

- 1-6 As I or II above but releasing hands and turning right one, two or three times around while moving right during measures 1-3, rejoining hands after turning.

### VARIATION IV — Point toe

- 1 As I or II above.
- 2 ♪ POINT RIGHT toe diagonally FORWARD RIGHT (counts 1-2),  
♪ CLOSE AND STEP on RIGHT foot beside left (count 3).
- 3 ♪ POINT LEFT toe diagonally FORWARD LEFT (counts 1-2),  
♪ CROSS AND STEP on LEFT foot in FRONT of right (count 3).
- 4-6 As I or II above.

### VARIATION V — Turn, point toe

- 1-6 As IV above but TURNING right once around on measure 1, and left once around on measure 5.

**Note:** The 6-measure Tsámikos, above with variations, is the classic version as danced by the villagers from Thessaly to Peloponnesos. It is a virile dance usually reserved for men, though women do participate except in the leaps and low jumps. Other versions may use more, or occasionally less, measures. For example the following 8-measure variation has become the formalized sequence now danced by schools and performing groups throughout Greece and Cyprus.

### VARIATION VI — Basic school version

- 1-6 As IV above.
- 7 ♪ STEP SIDEWARD RIGHT on right foot (counts 1-2),  
♪ CROSS AND STEP on LEFT foot in FRONT of right (count 3).
- 8 ♪ POINT RIGHT TOE diagonally FORWARD RIGHT (counts 1-2),  
♪ POINT RIGHT TOE ACROSS in front of left foot (count 3).