

ZAGORISIOS (Zah.goh-REE-see-os)
(Greece - Epiros)

This is a dance from the Zagori area of Epiros (The Northwest most province of Greece). The dance is slow and deliberate and is done by both men and women, although mainly in separate lines with the men's style being much more proud and masculine.

Music:

Folkraft Lp - 6
Songs of Epirus 7-B (Sagoritakos)
T' Adonia (Konstantas) Lp #1
Music Box 325

Formation:

Line with hands joined, elbows bend.
Hands should be shoulder height.

Characteristic:

The dance is slow, with a deliberate smooth movement. The men raise their L leg so the knee is high. Women put their L foot alongside R ankle.

Meter:

5/4 Time

Dance starts at beginning of any musical phrase with everyone facing center, and the wt on R ft.

Means.

Counts

I

- 1 Raise L ft in front of R
- 2 Move L ft slightly to L (swing from ankle)
- 3 Step on L ft across in front of R ft
- 4 Touch R ft to R facing 45 LOD, or raise R ft slightly (ankle height of L leg)
Pause

II

- 1 Step on R ft twd R LOD
- 2 Step on L ft across in front of R ft
- 3 Step on R ft twd LOD
- 4 Step on L ft across in front of R ft.
Pause

III

- 1 Step on R ft to center facing center
- 2 Step on L ft in place
- 3 Step on R ft back
- 4 Touch L toe alongside R ft
Pause

IV

- 1 Step on L ft to L facing 45 opp LOD
- 2 Step on R ft across in front of L ft
- 3 Step on L ft to L
- 4 Step on R ft next to L ft facing center
(slight slarp)
Pause

Variation I

Measure III

Everyone turns to R
Leader designates when

Variation II

Measure IV

Everyone turns to L leader designates when.

Presented by:
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