

## ZAGORISSIOS

(Greek)

- SOURCE:** Zagorissios is danced in Epirus, in the county of villages called Zagorohoria, which are on the foothills of the Pindus Mountains.
- MUSIC:** Records: Songs and Dances of Epirus, A. H. Records LP 1, Band 5, Side 1  
Zagorissios, A. H. Records No. 5, 45 rpm.
- FORMATION:** M in a line. Not more than 10 to a line.
- STYLING:** A very deliberate dance, slow and heavy in quality, yet the steps are almost catlike with delicate treading on the floor. The legs are raised in one sharp movement, creating a very masculine stance. Men hold hands at shoulder height.

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Music 4/4

PATTERN

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### Measures

- A 1 Ft together facing center. With L knee bent raise L leg high. L ft is even with R knee and front of R leg.  
Swing L leg to side L, still at same height.
- 2 Step with L crossing in front of R ft.  
Step with R ft to side of L ft, or point to R with R ft.
- B 1-2 Take walking steps in L, R, L, R, L, (almost on tiptoe).
- C 1 Raise R leg in front of L with bent knee. Leg is high as in beginning of dance.  
Swing R leg to R side, leg still at same height.
- 2 Swing R leg to cross behind L knee (hesitate slightly). Step on R ft.  
Raise L leg high bending R leg to a sitting position.
- D 1 Swing L leg around in back of R (hesitate slightly). Step on L ft.  
Step on R ft to L in front of L ft.
- 2 Step on L ft to L.  
Bring R ft to side of L ft. Stamp on floor with R ft. Raise body erect simultaneously saying "OPAH"! Raise arms all the way.

*Continued...*

VARIATIONS

- I The above sequence is maintained except that the leader may do a four-step turn in Section B. He may call for everybody to turn. Also, a pivot turn on the right foot may be added on the last part of Section C.
- II On the last count of each section a deep squat can be done with knees apart. immediately rise to recover and continue.
- III The dancer can syncopate the last steps of Section D, measure 2. Jump on left ft, quickly step right ft across left. Stamp left ft on floor as you get ready to swing left leg up to start dance from the beginning.

At finish of dance raise right leg and bring to rest behind left knee at same time crouching on left leg.