

1975 SAN DIEGO STATE UNIVERSITY FOLK DANCE CONFERENCE

Presented by David Henry

ZAGORISIOS

SOURCE: The Lykeion ton Elliniton of Athens, 1968. The name means simply-dance of Zagori(which is a region of Epiros)

RECORD: FOLKRAFT LP 6"Dances of Greece" (A2)

FORMATION: Line s of M and W separately, hands held a little higher than usual in a Syrtós.

MUSIC: In 5/4 meter with 5 even beats(as in Tsakonikos)

5/4

PATTERN

Meas THE STEP

- 1 Facing ctr, standing on R, lift L ft in front of R (ct 1) standing on R, lift L across R (ct 2) step on L across in front of R (ct 3) touch R to R and behind L (ct 4) pause(ct 5)
- 2 Facing to R, step fwd to R on R (ct 1) step fwd on L (ct 2) step fwd on R (ct 3) step fwd on L (ct 4) pause (ct 5)
- 3 Facing center, lift R in front of L (ct 1) hold R up in front (ct 2) step in place on R (ct 3) lift L in front of R (ct 4) pause with L raised in front (ct 5)
- 4 Still facing ctr, step in place (treading) L, R, L, R (vary definitely on the last R) (cts 1-4) pause (ct 5)

A man's step(which may be done by W with small contained movements ESPECIALLY on the lift in meas 3)

MAN'S STEP

- 1 Facing somewhat to R, step on L sideways to L (ct 1) step on R in place (ct 2) step on L across in front of R (ct 3) touch R fwd(close to L)(Ct 4) pause (ct 5)
- 2 Facing somewhat to R, take 4 steps fwd R, L, R, L, (cts 1-4) pause, turning to face ctr (ct 5)
- 3 Facing ctr, step on R fwd (ct 1) step on L bwd (ct 2) step on R in place (ct 3) lift L in front(thigh almost parallel with ground, lower leg extended slightly fwd (ct 4) pause (ct 5)
- 4 Still facing ctr, step on L sideways to L (ct 1) step on R across in back of L (ct 2) step on L sideways to L (ct 3) close R to L with EMPHASIS but NO NOISE (ct 4) pause(ct 5)

WOMEN'S STEP

- 1 Step on L across in front of R (quick)(ct 1) step on R sideways to R (quick) (ct 2) step on L across in front of R(quick)(ct 2) step on R sideways to R (slow)(ct 3) touch L sideways to L pushing L hip twd L(ct 4)
- 2-3 Same ftwk as meas 1
- 4 Step on L to R somewhat MORE INTO CIRCLE than across R(ct 1) step on R bwd (ct 2) step on L in place facing ctr(ct 3) touch R bwd and to R pushing R hip twd R ft (ct 4) Pause(ct 5)

Repeat to L with opp ftwk then alternate