

ZAGORÍSIOS
(Greece - Epiros)

This is a dance from the Zagóri area of Épiros in northwestern Greece. The name means a "dance from Zagóri." The Zagorísios is a "slow, heavy, and stately manly dance of Epiros." (V. Papahristos.) It is mainly danced to a tune called Konstantás. There are other melodies for the dance also. Although it seems to be a dance for men, it seems that, like the Tsámiko, women do the dance also.

Pronunciation: zah-goh-REE-see-ohs

Bibliography: Elliniki Hori, V. Papahristos (Athens, 1960).
Greek Folk Dances, M. Vouras and R. Holden,
(New Jersey, 1965).

Music: 5/4 time. Music Box "45," 451, 325, 326
"Konstantás," T'Aidonia LP #1
"Zagorísias," Folkraft LP-6

Formation: Line with hands joined, elbows bent -- hands should be at shldr height.

Characteristics: Like most dances of Épiros, the movements are generally slow and stately. The feeling is proud and the dance should reflect this in the style of the dancers. There is a tension in the movements -- this is not to say they are stiff and jerky! The movements should be slow and fluid, but controlled at all times. Rather than moving immediately there is usually a slight delay to each movement.

<u>Meas</u>	<u>cts</u>	5/4 time ♩ ♩ ♩ ♩
		Wt on R ft.
I	1	Raise L in front of R.
	2	Move L ft slightly to L (swinging from knee).
	3	Step across in front of R on L.
	4	Touch R next to L facing LOD, OR, slightly raise R ft (ankle height of L leg).
	5	Pause.
II	1	Step to R on R.
	2	Step across in front of R on L.
	3	Step to R on R.
	4	Step across in front of R on L.
	5	Pause (beginning to turn to face ctr).

Continued...

ZAGORISIOS (continued)

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|-----|---|----------------------------------------------------|
| III | 1 | Swing R ft around to the front of L. |
| | 2 | Move R ft slightly to R. |
| | 3 | Step back on R. |
| | 4 | Raise L ft to height of R knee in front of R knee. |
| | 5 | Pause. |
| IV | 1 | Step to L on L. |
| | 2 | Step across in front of L on R. |
| | 3 | Step to L on L. |
| | 4 | Step on R next to L (slight stamp). |
| | 5 | Pause, raising L slightly. |

VARIATIONS:

In meas III, swing L ft behind R leg on ct 4.

In meas IV, step behind instead of in front on ct 2.

On 4th ct of each meas, M can do a squat.

Monk! { In meas 1 (ct 1), raise L leg so that knee is high (leg bent),
and step on L ft in place (ct 3).

In meas III (ct 1), raise R leg so that knee is high (leg bent),
and step on R ft in place (ct 3).

Presented by John Pappas