

Baiduskino

Greek

History

A Greek dance which I learnt from George and Georgia Lazarou in 2003.

Rhythm

The music is in 7/8 split into 3-4, or quick-slow. There is a step or lift on every beat.

Steps

Start in a line with a V hold, facing right.

A good way to remember the step sequence is 3-3-3-2, which is how the different parts are repeated.

Lift the right foot, then step forward onto it. Do this three times, with right, left, right.

Turn to face right of centre. Step across in front with the left foot, then step to the side with the right. Do this three times, always starting with the left.

Turn to face centre and raise the arms to a W hold. Lift the left foot, then replace it. Do this three times, with left, right, left.

Turn to face left of centre. Step across in front with the right foot, then step to the side with the left. Do this two times, both times crossing with the right foot.

Music

From a workshop CD produced by George & Georgia.

Dance description by Andy Bettis 11/2003