

Presented by Ted Sofios

BERÁTIS — Epirus**Μεράτης**

(Line dance, no partners)

A $\frac{8}{4}$ (2+3+3) $\text{♩} = 92$

B

C

Percussion:  Principal scheme: 

FINE D.C. al F

Translation: Beráti, also called Antipatría (now Berat, Albania), is a town in northern Epirus.**Rhythm:** 8/4 (♩ ♩ ♩) counted 1-2, 3-4-5, 6-7-8.**Record:** Folkraft LP-6 (2:05)**Starting Position:** "W" formation. Right foot free.**Measure**

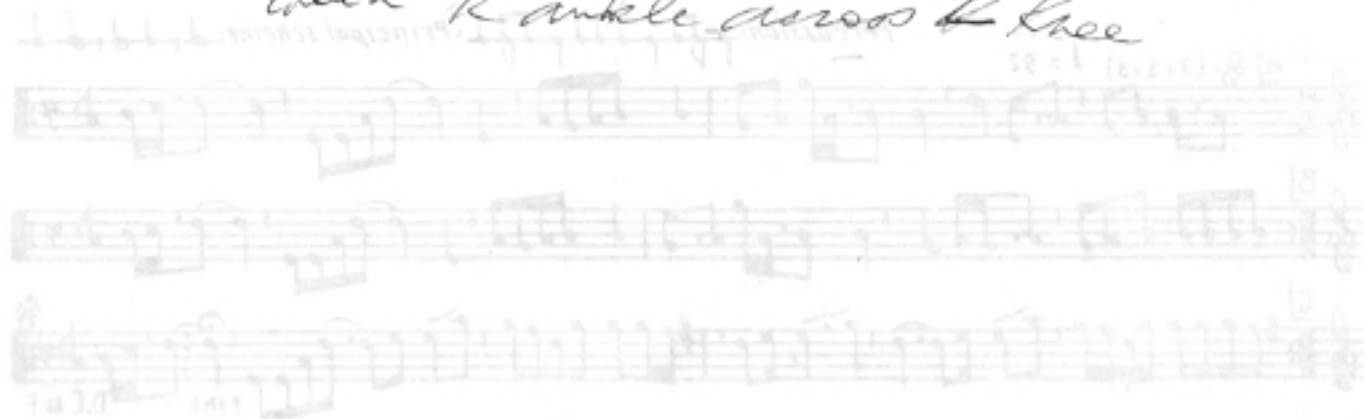
- 1 ♩ CROSS AND STEP on RIGHT foot in BACK of left (count 1),
 ♩ With left foot across in front of right ankle, left knee bent, KICK LEFT foot FORWARD slightly, straightening left knee then bending it again to resume same position (counts 2-and),
 ♩ Straighten left knee and ROCK FORWARD on LEFT foot (count 3),
 ♩ Bend right knee forward and CURL RIGHT FOOT around left calf (count 4),
 PAUSE (count 5),
 ♩ A slight LEAP SIDEWARD RIGHT on ball of right foot (count 6),
 ♩ CROSS AND STEP on LEFT foot in FRONT of right (count 7),
 ♩ A slight LEAP SIDEWARD RIGHT on ball of right foot (count 8).
- 2 ♩ CROSS AND STEP on LEFT foot in FRONT of right (count 1),
 ♩ SWING RIGHT foot around in a small outward arc and across in front of left, bending right knee (count 2),
 ♩ SWING RIGHT foot around to BACK, bending right knee forward, and CURL RIGHT FOOT around left calf (count 3),
 PAUSE (counts 4-5),
 ♩ ROCK BACK on RIGHT foot extending left leg slightly forward (count 6),
 PAUSE (count 7),
 ♩ A slight LEAP SIDEWARD LEFT on left foot (count 8).

Note: The Greeks usually listen to the music awhile and get into the dance initially on count 6 of measure 1.

Variation

Turn on walking

step to & hop & bending knee
with R ankle across & knee



Translation: Beretis, also called Antipatris (now Berat, Albania), is a town in northern Epirus.
Rhythm: 8/4 (3-4-4) counted 1-2, 3-4-5, 6-7-8.
Records: Folklore 1:1-6 (1:30).
Starting Position: "W" formation. Right foot free.



1. 3 CROSS AND STEP on RIGHT foot in BACK of left (count 1).
2. 3 With left foot across in front of right ankle, left knee bent, KICK LEFT foot FORWARD slightly, straightening left knee then bending it again to resume same position (counts 2-and).
3. 4 Straighten left knee and ROCK FORWARD on LEFT foot (count 3).
4. 4 Bend right knee forward and CURL RIGHT FOOT around left calf (count 4).
5. 4 PAUSE (count 5).
6. 4 A slight LEAP SIDEWARD RIGHT on ball of right foot (count 6).
7. 4 CROSS AND STEP on LEFT foot in FRONT of right (count 7).
8. 4 A slight LEAP SIDEWARD RIGHT on ball of right foot (count 8).
9. 3 CROSS AND STEP on LEFT foot in FRONT of right (count 1).
10. 3 SWING RIGHT foot around in a small outward arc and across in front of left, bending right knee (count 2).
11. 4 SWING RIGHT foot around to BACK, bending right knee forward, and CURL RIGHT FOOT around left calf (count 3).
12. 4 PAUSE (counts 4-5).
13. 4 ROCK BACK on RIGHT foot extending left leg slightly forward (count 6).
14. 4 PAUSE (count 7).
15. 4 A slight LEAP SIDEWARD LEFT on left foot (count 8).

Note: The Greeks usually listen to the music awhile and get into the dance initially on count 6 of measure 1.

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