

ÁIS GIÓRGIS — Ionian Is.

"Αἰς Γιώργης

(Line dance, no partners)

Translation: St. George.

Rhythm: 4/4

Starting Position: "V" position. (Properly each dancer holds diagonal ends of a handkerchief so his hands are about three feet apart; neighbors then link little fingers because hands are occupied with the handkerchief.) Right foot free.



Count

VARIATION I — Basic

- 1-2 ♪ Facing slightly and moving right, TWO WALKING STEPS (right, left).
- 3-4 ♪ Turning to face center, STEP-TOUCH* SIDEWARD RIGHT.
- 5-6 ♪ STEP-TOUCH* (left) FORWARD.
- 7-8 ♪ STEP-TOUCH* (right) diagonally BACKWARD RIGHT.
- 9-10 ♪ STEP-TOUCH* (left) diagonally BACKWARD LEFT.

VARIATION II — Turn

- 1-2 ♪ Moving right, TWO WALKING STEPS (right, left) TURNING right once around.
- 3-12 As I above, counts 1-10 (complete).

Note: For an eight-measure routine, do Variation I twice, Variation II once.

*See Glossary. In this dance the "touch" is on ball of foot.

BERÁTIS — Epirus

Μπεράτης

(Line dance, no partners)

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.

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.