

Presented by Stephen Kotansky

DIMITRULA
Gida, Macedonia, Greece

This is a woman's dance from Gida ^(now) ~~or~~ Alexandria, in Greek Macedonia. *maflin country*

TRANSLATION: DIMITRIS Dance

RECORD: Balkan Arts 709B

FORMATION: Lines joined in either "V" or "W" pos. *preferably*

(IF IN "W" POS, ~~DO NOT~~ A "V" POS MAY BE USED DURING FASTER MUSIC)

METER: 2/4

PATTERN

Meas

- 1 Facing slightly R of ctr, step R in LOD (ct 1); step L in front of R (ct 2).
- 2 Step R to R facing ctr (ct 1); touch L next to R (ct 2).
- 3 Step L behind R, bend knees slightly (ct 1); step R to R (ct 2).
- 4 Step L behind R, bend knees slightly (ct 1); touch R next to L (ct 2).
- 5 Turning to face L of ctr, step R fwd (ct 1); touch L next to R (ct 2).
- 6-7 Repeat meas 5, alternating ftwk, 2 times (3 in all).
- 8 Step L fwd (ct 1); turning to face R of ctr, touch R slightly fwd (ct 2).

Repeat to end of music.

Notes: ① the touches may be done as slight taps of the toe.

② As music becomes faster, meas 2 and 6 through evolve into three syncopated steps (slow, quick-slow) with a slight down, up-down movement, the quick step being on the ball of the ft.