

Epirotko

(Greece)

This is a war dance from northwest Greece. In this area neighboring Albania has influenced the music and dance in many ways. A Pogonissios (Poh-goh-NEES-see-ohs) type dance, this version was learned by Bill Aspros from Athan Karras.

Record: Any Epirotiko or Pogonissios. Panhellenion has a nice one as does FK-IP 3. 2/4 meter.

Formation: Mixed lines. Shoulder hold. Men separate, from line for some of the variations.

Style: Large, masculine steps and lifts.

Basic Step

- 1 Step R to R (ct 1). Step L across R (ct 2).
- 2 Step R to R (ct 1). Lift L in front of body, bend body bkwd (ct 2).
- 3 Step L to L (ct 1). Lift R, bend bkwd (ct 2).

Fast Step

- 1 Step R to R (ct 1). Step L behind R (ct 2).
- 2 Squat on both feet, face ctr (ct 1). Spring up onto L facing RLOD, hop twice (ct 2).
- 3 Squat on both feet still facing RLOD (ct 1). Spring up onto R facing LOD, hop twice (ct 2).
Continue fast jump hops until end of music.

All variations are based on this pattern.

Variations:

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|------------------|-----------------------|
| Single knee bend | Turning |
| Double knee bend | Slap and turn |
| Triple knee bend | Double slap and turn. |