

Frasia
Epirus, Greece

Frasia, like other "heavy" dances of the Zagori region is often followed by some other dance (yirisma) such as a five measure tsamiko, sta tria or sta dyo as it is in this recording.

Music: Frasia

Rhythm: 2/4

Formation: Open circle in W hold. Face slightly R of center. Traditionally done in two lines, men behind women, it is still done this way on some occasions.

Style: Much as Tsamiko, but more flowing than often seen in tsamika from other areas. Dancers, especially omen tend to bounce slightly on most counts. Male leader may improvise during the traveling steps (i.e. squats) or in place (squats, turns, more). Lead woman would only turn or will dance facing the second with joined hands.

Meas

1 Step L across R (ct 1); step R to R (ct &); step L across R (ct 2); step R to R (ct 3); women touch L next to R sometimes with pressure (men lift L fwd low, hook L across R ankle or raise behind) (ct 4).

2, 3, 4 Repeat meas 1.

5 Lift L fwd (women touch, sometimes with pressure, bouncing on each ct) (cts 1, 2); step back L (cts 3, 4).

6 Lift R fwd (women touch, sometimes with pressure, bouncing on each ct) (cts 1, 2); step back R (cts 3, 4).

7 Lift L fwd (women touch, sometimes with pressure, bouncing on each ct) (cts 1, 2); step back L (cts 3, 4).

8 Step R behind L (ct 1); step L slightly L (ct &); step R behind L (ct 2); touch L diagonally back L (ct 3); hold (ct 4).

Variations:

5 Lift L fwd (cts 1, 2); step back L (cts 3, 4).

6 Touch R back (cts 1, 2); step R in front of L (cts 3, 4).

7 Lift L fwd (cts 1, 2); step back L (cts 3, 4).

8 Step R behind L (ct 1); step L slightly L (ct &); step R behind L (ct 2); touch L diagonally back L (ct 3); hold (ct 4).

Frassia

- 5 Step fwd L (ct 1); step R to place (ct 2); step back L (cts 3, 4).
- 6 Touch R back (cts 1, 2); step R in front of L (cts 3, 4).
- 7 Step fwd L (ct 1); step R to place (ct 2); step back L (cts 3, 4).
- 8 Step R behind L (ct 1); step L to L (ct &); step R behind L (ct 2); touch L diagonally back L (ct 3); hold (ct 4).

Tsakistos: One measure in 6/8 repeated until first dancer or music changes.

- 1 Step R in LOD (ct 1); step L next to R (ct &); step R in LOD (ct 2); step L across R (ct 3).

This may also be done as a five measure Tsamiko:

- 1 Step R in LOD (ct 1); step L next to R (ct &); step R in LOD (ct 2); step L across R (ct 3).
- 2 Repeat meas 1
- 3 Turning to face center step R to R (ct 1); raise L across R (women touch fwd) (cts 2, 3).
- 4 Step L in RLOD (ct 1); step R next to L (ct &); step L in RLOD (ct 2); step R across L (ct 3).
- 5 Turning to face center step L to L (ct 1); raise R across L (women touch fwd) (cts 2, 3).

A Sta Dyo, if done is:

- 1 Step R to R (ct 1); Lift on R raising L fwd slightly (ct &); step L behind R (ct 2); step R to R (ct &).
- 2 Step L across R (cts 1); Lift on R raising L slightly (ct &); step R to R (ct 2); step L across R (ct &).