ORIGIN:

From the island of Mios.

RHYTHM:

2/4 Time

RECORD:

Demotika, beautiful, beautiful GREECE PI-LPM5

SOURCE:

Presented by Athan Karras

FORMATION:

Open circle with arms on neighbors shoulders.

FIGURE I. 8 Times

a) Step R ft to R, step L ft over R ft, step R ft to R, swing L leg across in front of R leg doing a double bounce on R ft. (body bent back diag. L).

Step L ft to L, swing R leg across in front of L leg doing a double bounce on L ft (body bent back diag. R)

FIGURE II. 2 Times.

a Step R ft to R (ct 1), step L ft over R ft (&), leap onto
R ft to R side and dip w/flexed knee bringing L ft besides R ankle
w/bent knee (2&).
Step L ft to L side (3) step R ft over L ft (&), step L ft to L
side (4) swing R leg across L leg (&).
On last sequence, step L ft to L side, close R ft to L ft.

VARIATION TO FIGURE I. Make 1 complete turn during the 1st walking steps.

2nd Variation as leg swings to the R lean away as in a diagonal to Le and when leaning

2nd Variation

On the second return step to L, LOD when stepping ERL take a quick turn as you free your hands from the shoulder hold. since there are tow phrases and a half to this step, it is suggested that the turn is done either during the first or second phrase.

The styling of the dance resembles the lilt of the sea, so when stepping to R and swing L leg across, the lean away the opposite direction, and the same when leaning to L with R leg across.

The INTERSECTION FOLK DANCE CENTER 2735 %. Temple st, "os "ngeles, calif.