

Kabana Mitro, Serres, Greece

From the village of Flamborough in Macedonia where I was filming the Apokries celebration in 2003.
It has also been collected and taught by Yvonne Hunt and Joe Graziosi.

Formation: Open circle, Arms raised to W on first step and lowered .

Music 9:8 meter , Dance Counts : 1234u, qqqSu (Each q has 2 beats, S has 3, u is the 3rd beat.)
(Bob and Jerry Kolo Festival CD, from Y. Hunt collection)

Pattern: Dance is 2 measures. First measure in place, second measure moves to R.

Begin facing slightly to R of center, hands in V position, raise to W on first count.

Meas 1:

- 1) Facing center, step R, lift L as hands rise to W
- 2) L circles to to behind R and step L
- 3) Face slightly R and Step R to R, hands to V
- 4) Step L across front of R
- u) Step R fwd on the ball of the foot

Meas. 2

- 1) L beside R (ct. 1)
- 2) Step R fwd
- 3) Step L fwd
- 4) Step R fwd, turn to face center

Note: u & 1 are quick movements