



# Karagouna

*Greek*

Καραγκούνα

Time: 2:30



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This dance consists of three different sections which are repeated. The first is a slow kalamatianos step. When the verse begins, the basic step is done four times. Then the second part of the verse comes and a variation on the basic step is performed.

Basic Step - Step to the right on right foot. Step to the left on the left foot, crossing left foot in front of the right. Step to the right on the right foot. Cross left foot in front of right, touching toe to the ground. Step to the left on the left foot. Cross right over left, touching toe in front of left foot. Swing right foot to the right, touching toe. Swing right foot back crossing over left foot and touching the toe again.

Variation - With hands on hips, step to the right on the right foot. Body should be facing right, head looks over left shoulder. Bring left foot to right and face center. Repeat this once. Step to the right on right foot, body faces left, head looks over right shoulder. Step on left foot behind right foot. Step to the right on the right foot. Step on left crossing in front of right, body faces to the right. Step to the right on the right foot, bring left foot next to right.



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