



Women's Antikristous

Greek

Music:

Women's Antikristous from *Cyprus Folk Dances*

Time: 3:37



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In these dances women are in pairs, facing each other.

First Women's Antikristos

One basic step

One turn

One basic step

One middle and back

One change

One basic step

One change

One basic step

One turn

Basic Step: Step to the right on right. Step on left behind right. Step to the right on right. Step left crossing over right. Cross right over left (moving to left now). Step left to left. Step right behind left. Bring left to right.

During this step, hands are pantomiming sewing.

Step to middle and back: Hands on hips. Step to the front on right foot, shoulders angled left. Step left behind right. Step right forward, shoulders to middle. Step left forward, shoulders angled right, you should be facing your partner. Pivot on left foot 180 degrees stepping on right. Three steps back until at starting position.

Change: Step forward on right, body facing left. Step left behind right. Partners are now back to

back. Step on right, turning clockwise. Step on left to face partner. You are now on the opposite side than you started. Take three little steps back starting with right foot.

Turn: Turning clockwise and to the right, take three steps starting with right foot. Close feet. Turning counterclockwise and to the left, take three steps starting with left foot and close. During this step, hands are palm facing palm.

Second Women's Antikristos

During this dance, the women hold handkerchiefs folded into triangles. Half the women hold them vertically with their partners hold them horizontally. They switch positions with each beat.

One basic step
One turn
One basic step
Two changes
One basic step
Two turns (with alternating dancers)

Basic Step: Forward, back in front of right, return weight to right foot. Bring left next to right. Repeat starting with right foot. Alternate two more times.

Turn: Back turn, turning 180 degrees counterclockwise with each heel.

Change: Half the women basic step moving forward, passing by your partner. Use remaining two steps to turn (80 degrees counterclockwise). End facing your partner.

Turn while the other half of the women hold a handkerchief between them with right hands. Stage right women then turn and the other women do one turn.

Third Women's Antikristos

One basic step - one half turn basic step
One change
One basic step - one turn - one basic step
One change
One basic step - one half turn - one basic step
One turn - one half turn

Basic Step: Right crosses over left. Step left to left. Step on right. Left crosses over right. Step right on right. Step back following foot during this step.

Turn: Do the whole rotation making an entire rotation counterclockwise.

Change: Half the women right foot, shoulders angled to the left. Step left behind right. Small step

forward on right. Step forward on left angling shoulders to right. Step on right and left turning counterclockwise 180 degrees to face partner.



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