

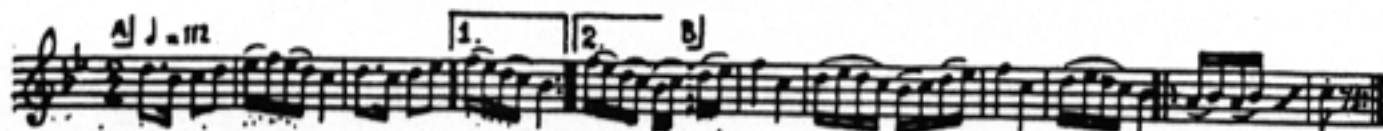
Presented by Ted Sofios

## KASTORIANÓS — Macedonia

Καστοριανός

(Line dance for couples)

Notes: Can be taught as a line dance, no partners



Translation: from the town of Kastoriá.

Record: FEZ - 709

Formation: Open or broken circle, or line, of couples, woman on partner's left, leader at right end.

Starting Position: "V" position. Right foot free.

Rhythm: 2/4



### Measure

#### PART I (Music A)

- 1-2 Facing slightly and moving right, TWO TWO-STEPS\* (right, left).
- 3 Turning to face slightly left, ONE TWO-STEP\* (right) BACKWARD.
- 4 STEP-HOP on LEFT foot, turning on the hop to face slightly right.
- 5-8 REPEAT pattern of measures 1-4.

#### PART II (Music B)

- 9-10 Turning to face center, TWO PAS de BASQUE STEPS\* (right, left).
- 11-12 REPEAT pattern of measures 9-10.
- 13-14 Turning toward right, STRIKE LEFT FIST FIVE TIMES on open right palm, AND simultaneously STAMP L or R foot without taking weight (counts 1-and-2-and-3), PAUSE (count and), STEP on RIGHT foot IN PLACE, turning to face center (count 4).
- 15-16 REPEAT pattern of measures 13-14 reversing direction, footwork and handwork, turning to face Left, striking right fist on open left palm, etc.

\*See Glossary.

**Note:** It is said this was originally a Macedonian hunters' dance in which hands were clapped to make noise and scare animals out of hiding. Or, perhaps small cymbals known as *zilia* (ζίλια) were used to make the noise. *Zilia*, spelled differently (ζήλια) in Greek, also means "jealousy"; hence, the change to a flirtatious, fist-pounding, "You can't do this to me!" dance.