KASTRINOS   Presented by Ted Sofios

This dance is mostly found in the Iraklion region of Crete. The name
Kastro denotes the Venetian name of the fort that guards the entrance
to the harbor. Another name for the dance is PEDEKHTO, meaning leaping,
hopping or jumping. It is a line dance that moves diagonally right and
almost straight back out of the circle. It is the wildest of the Cretan
dances, and the leader improvises with footslaps and high leaps.

Records: PHILPS 940, Record 3 Side 4-1
              Folkraft 1463

Rhythm: 2/4   Slow, quick, quick

Starting Position: w-hold, line dance, no partners

Basic Step-drop, quick-quick

Measure		
1	♩ ♫	Step on ball of R ft. bending knee slightly (drop, count 1) 2 small quick steps (left, rt.) raising slightly on balls of feet (counts 2-and).
2	♩ ♫	Step of ball of L ft., bending knee slightly (drop, count 1) 2 small quick steps (rt. left) raising slightly on balls of feet (counts 2-and).
3	♩ ♩	Step-hop right forward on ball of foot, bending knee slightly and swinging left foot across in back (or front) on the hop (counts 1-2).
4=6		Repeat above pattern reversing footwork and backing out of the circle.

Ted Petrides' version of the dance has a 'PAS DE GRECQUE'
right and left and is included here for comparison.

Start   5

KASTRINOS

Add to right of "Meas":-Cts, line 1 is ct 1; line 2 is cts 2-3; line 4 is ct 4; line 5 is cts 5-6; line 7 is ct 7; line 8 is ct 8

Add to bottom of page: STYLE - The second person is important, he must keep the basic step going so that the leader can re-join line. Keep an upright posture, chin up, proud carriage.

Add to bottom of dance: NOTE: Leader may add or do many variations, such as leaps, turns, backing up, circling, etc. etc. Traditionally leader keeps changing so that everyone gets a chance to lead for awhile, so try to dance in short lines, and let everyone lead. Recording is long to facilitate this.

Add to bottom of dance: Some Possible variations: Turns " individual turns, forward on first 3 meas then basic, fwd on first three, back turn on 4 to 6, around in place first 3, or all 6, etc, etc." Basic step away from line and rejoin; bkwd from line; leaps "leap R ct 5 and hold L toe fwd on cts 6-8; leap on ct 7."