

KASTRINÓS

Crete

Kastrinós (kah-stree-NOHS) is from the old Venetian Kástro (meaning fort) which still guards the port city of Iráklion. The dance was learned by Katina Savvidis from performers in the Dora Stratou Theatre when she was in Athens in 1973-74.

Crete is the largest of the Greek islands and was formally united with Greece in 1913 after the Balkan Wars. The tradition of heroism is cherished by the Cretans and the rest of the Greeks associate this quality with them. The melody of their music, played on the Cretan lyra, gives a clipped and nervous quality to their dancing. Kastrinós is one of the four most popular dances in Crete, along with Pentozáli, Krítiko Syrtó and Krítiko Sousta, and is also known as Irakliótikos (from the city of Iráklion) and Malevisiótikos (from the area of Malevízi, near Iráklion).

RECORD: P.I. Records PI-LPS-33 "Soul Dances of the Greeks," side 2, band 4½ (this band is divided into two smaller bands -- the first being Krítiko Syrtó, the second Kastrinós); Folkraft (45rpm) 1463

FORMATION: Short lines of mixed M and W with hands joined and held at shoulder height in "W" pos.

STEPS AND STYLING: Step: Hop. (Note: dance may move fwd and bwd OR L and R)
These notes are meant to be used only as a refresher cue sheet and are not intended to convey any styling.

Music 2/4

PATTERN

Meas INTRODUCTION - 2 meas on the P.I. record.

- 1 Facing ctr, step fwd L (ct 1), step fwd R (ct 2), step fwd L (ct &),
- 2 Step fwd R (ct 1), step fwd L (ct 2), step fwd R (ct &),
- 3 Step fwd L (ct 1), hop L (ct 2).

4-6 Repeat action of meas 1-3 bwd with opp ftwk.

Variation:

- 1 Repeat action of cts 1,2 of basic (cts 1,2), still moving fwd, step L across in back of R (ct &),
- 2-3 Repeat action of meas 2-3 of basic,
- 4 Repeat action of meas 4 of basic,
- 5 Moving bwd, hop R (ct 1), hop R (ct 2), step bwd L (ct &),
- 6 Repeat action of meas 6 of basic.

Taught by: Katina Savvidis