

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: P-LPS 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-quickMeasure

- | | | |
|-----|--|--|
| 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 GRECOUE' right and left and is included here for comparison.

