

KASTRINÓS

(kahs-tree-NOHS)

(Crete, Greece)

The Kastrinós is from the town of Iráklion in Crete. The name derives from the word "kástró" (castle or fort) in Iráklion. Other names for this dance are Irakliótikos, Malevyziótikos, Sitiakós. It is one of the four most popular Cretan dances. Presented by John Pappas at the 1975 Mendocino Folklore Camp.

Bibliography: Elliniki Hori, V. Papahristos (Athens, 1960)
Greek Folk Dances, M. Vouras and R. Holden (N.J. 1965)
Folk Dances of the Greeks, T. Petrides (N.Y. 1961)
"Notes", Panhellenion LP

Music: 2/4 meter. Polkraft 45 #1463; Demotika Discphon LPM-5,
or any Cretan Kastrinós recording SIDE A BAND 6

Formation: M and W in a broken circle with hands held at shldr height, elbows bent and down.

Characteristics: This is a happy, peppy dance. It is similar to some of the sousta, or springy, dances. The steps should be small.

Meas. Ct.

1	Step fwd on R ft	} Slight fwd movement
	Step on L ft close to R ft	
	Step on R ft in place	
II	Step fwd on L ft	} Slight fwd movement
	Step on R ft close to L ft	
	Step on L ft in place	
III	Step fwd on R ft	
	Hop on R ft and swing L ft behind R ft	
IV-VI	Repeat the above with opp ftwork, moving bkwd. On last hop swing R ft next to L ft (not in back).	

CAN STEP L ACROSS R
CAN CROST R BEHND L

VARIATION

I	Step fwd on R ft	} DON'T DO WITH FT APART ON SEPARATE TRACKS
	Hop on R ft w/ LIFT	
	Step on L ft next to R ft	
II	Step on R ft slightly fwd	
	Step on L ft close to R ft	
	Step on R ft in place	
III	Step fwd on L ft	
	Hop on L ft and swing R ft behind L ft	
IV-VI	Repeat the first 3 meas of the Variation, moving bkwd. On last hop, swing R ft next to L ft (not in back)	

Note: There is a slight movement to the R as dance progresses.