

Kokonitikos

Monastiri, Anatoliki Romelia

Megalo and Miicro Monastiri are located in central Thrace near the present day city of Topolograd in Bulgaria. Refugees from there settled in villages near Volos in Thessaly in the early 1900s.

Music: KOLO 2005

Rhythm 2/4 counted 1, 2.

Formation: Face R of center in W pos.

Meas.

- 1 Step R in LOD as arms swing down and back (ct 1); step L in LOD as arms swing fwd (ct 2).
- 2 Repeat meas 1
- 3 Turning to face center step R to R as arms swing back (ct 1); lift on R raising L low fwd as arms return to W pos (ct 2).
- 4 Step back on L (ct 1); lift on L raising R low fwd (ct 2).

Variation:

- 3 Turning to face center step R to R as arms swing back (ct 1); step on L in front of R (ct &); step on R to place as arms return to W pos (ct 2).
- 4 Step back on L (ct 1); step on R in front of L (ct &); step on L to place (ct 2).