

KONITSES

182

Region: Epeiros
 Background: Konitses, like Zagorisios, has five beats per measure. It is from the region of Epeiros known as Zagori, particularly from the town of Konitsa.
 Source: Lykeion ton Ellinidon, 1966 and Katy Mitsakou, New York, 1968
 Record: FolkThings TVDG-33-01
 Formation: Dancers in line, close together, hands joined at shoulder height. The women's movements are quite restrained, the men's broad and definite.

Measure Count Movement

- Part I
- | | | |
|---|---|--|
| 1 | 1 | Facing "center", weight on LF, bounce on LF hooking R heel up over L ankle |
| | 2 | Bounce on LF bringing RF to R in small low arc |
| | 3 | Step on RF in Place |
| | 4 | Touch ball of LF at R instep |
| | 5 | Hold |
| 2 | 1 | Bounce on RF swinging LF across RF in low arc |
| | 2 | Bounce on RF continuing to swing LF across to the R |
| | 3 | Step on LF across in front of RF |
| | 4 | Touch ball of RF beside LF |
| | 5 | Hold |
| 3 | | Repeat footwork of meas 1 |
| 4 | 1 | Step on LF to L |
| | 2 | Step on RF across in front of LF |
| | 3 | Step on LF to L |
| | 4 | Step on RF across in front of LF |
| | 5 | Hold (Begin swinging LF fwd in low arc to R) |
| 5 | | Repeat meas 2 |
| 6 | | Repeat meas 1 |
| 7 | | Repeat meas 2 |
| 8 | | Repeat footwork of meas 4 (to R) |

(continued)

Measure Count Movement

Part II

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|-----|---|---|
| 1 | 1 | Bounce on LF hooking R heel up over L ankle |
| | 2 | Bounce on LF extending RF fwd |
| | 3 | Step on RF fwd |
| | 4 | Touch ball of LF near R heel |
| | 5 | Hold |
| 2 | 1 | Step on LF in place (slightly bwd) extending RF fwd |
| | 2 | Bounce on LF hooking R heel up over L ankle |
| | 3 | Bounce on LF extending RF fwd |
| | 4 | Step on RF fwd |
| | 5 | Touch ball of LF near R heel |
| 3 | | Repeat meas 2 |
| 4 | 1 | Small step on LF bwd |
| | 2 | Small step on RF bwd |
| | 3 | Small step on LF bwd |
| | 4 | Close RF to LF lowering both heels to ground |
| | 5 | Hold |
| 5-8 | | Repeat meas 1-4 with opposite footwork (start hooking LF) |