

# Kos

*Greek*

## History

Is this a Greek dance or not? I was always told that it was, but then a Greek friend said that it was definitely a modern choreography and nothing like it was done in Greece. More recently I've heard that it really is a traditional Greek dance, from one of the islands. I no longer mention where it comes from.

## Rhythm

The music is in a slow 3/4 and all the steps are the same length.

## Steps

Start facing centre in an 'Auld Lang Syne' hold - right arm over left crossed in front.

Step forward with the left foot, close the right and bounce, then bounce again.

Step back with the right foot, close the left and bounce, then bounce again.

Step to the side with the right foot, close the left and bounce, then bounce again.

The dance steps fit the musical phrase, after a few listens it is easy to find where to start.

## Music

**Kos** from **Spirit of Dance** by **The Findhorn Foundation Sacred Dance Band**.

This isn't the original version that most people know, but I like it.

Dance description by Andy Bettis 2/2003