

K O T A R I

Presented by Ted Sofios

Ankle Bone (Pontus, Greece)

RHYTHM: 2/4
 RECORD: Folkraft L.P.6; "PONTIC DANCES" EP No. PD-1234
 L.O.D. Right, circle or line
 STARTING POSITION: T - Right foot free

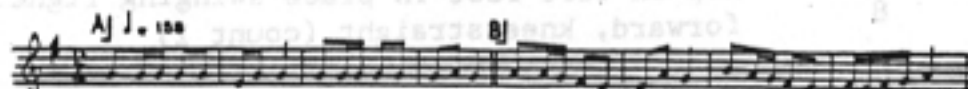


		INTRODUCTION.	
		<i>Facing diag R</i>	
MEASURE I		1-&	Step-bend, sideward right on right foot (counts 1 and) <i>with bounces on it</i>
		2-&	Close and step-bend on left foot beside right (counts 2 and)
BASIC			
I		1	A slight leap sideward right on right foot (count 1)
		2	Cross and a slight leap on left foot in back of right (count 2)
II		3	A slight leap sideward right on right foot (count 1)
		4	Close and touch left foot in place beside right (count 2) <i>or two quick steps (left, right) in place (counts 2 and) as variation</i>
III		5	A slight leap on left foot in place, bending right knee to swing right foot slightly backward (count 1)
		6-&	A quick hop step left (counts 2 and)
IV		7	A slight leap on left foot in place, bending right knee to swing right foot slightly backward (count 1)
		8	Hop on left foot in place swinging right foot forward, knee straight (count 2)

MEASURE I-II	1-4	VARIATION (For measures I,II) Step close Step close, Step touch, Sideward right.
VARIATION (For measures I,II) <i>twists</i>		
I	1	Turning to face slightly right, a slight leap on right foot in place, bending left knee slightly (count 1)
	2	and repeat, reversing direction and footwork (count 2)
II	3	Turning to face slightly right, a slight leap on right foot in place, bending left knee slightly (count 1)
	4	Turning to face center, a slight hop on right foot in place, swinging left foot slightly forward (count 2)

Continued...

- stride-hold*
- | | STEPS | VARIATION (For measures II, III, IV) |
|-----|-------|---|
| II | 3 | A slight jump on balls of both feet bending knees slightly |
| | 4 | Lower heels and straighten knees |
| III | 5 | Repeat above (for steps 5 & 6) |
| | 6 | |
| IV | 7 | Repeat above |
| | 8 | Hop on left foot in place swinging right foot forward, knee straight. |
| | | VARIATION (For measures II-IV) |
| III | 5 | Bring left foot across in front of right foot & |
| | 6 | Bend left knee, bring left back and across |
| IV | 7 | Step on left foot next to right |
| | 8 | Hop on left foot in place swinging right foot forward, knee straight. |
| | | VARIATION (For measures I-VIII) |
| I | 1 | Cross right foot over left displacing left foot backwards in a rocking motion |
| | 2 | Left foot forward displacing right foot in a rocking motion |
| II | 3 | Repeat step 1 |
| | 4 | Repeat step 2 |
| III | 5 | Stamp right foot 3 times to right of left foot |
| | 6 | |
| | 7 | |
| IV | 8 | Hop on left foot in place swinging right foot forward, knee straight. |
- stride-brush*
- rocking stamps*



"PONTIC DANCES"
(DANCES OF THE PONTIC GREEKS)
4 Pontic Dances on one EP

1. SERENITSA
2. TRIGONA
3. KOTS
4. KOTSARI