

3 facing ctr step R ft to R (Q), swing L ft across R leg (Q)
facing ctr step L ft to L (Q) swing R ft across L leg (S)

4 Repeat measure (3) sway body side to side

REPEAT MEAS. 1 - 4

Fig. (C) Variation to meas. 3 & 4

3 step R ft to R (Q), point L toe in place (Q) point L toe in front of R ft (Q), point L toe to L (S)

4 step L ft to L, (Q), point R toe to R (Q) point R toe front of L ft (Q), point R toe to R (S)

REPEAT MEAS. 1 - 2 as in (B) and add MEAS. 3 - 4

Fig. (A) can be done with steps taken fwd and turning CW on 2nd and 4th meas., also in Fig. (B)

RLOD = Reverse Line of Direction.

CW = Clockwise

Q = Quick

S = Slow



3. GAIDA

Formation: In an open circle, men and women in separate lines. Arms on shoulders. Men raise legs high, women raise legs to the ankle. Women do not do deep knee bends.

Measure: Fig. (A)

1-2 step R ft to R; cross L ft in front of R

3-4 repeat meas. (1-2)

5-6 Step R ft to R, swing and raise L leg crossing in front men high (women low).

7-8 step L ft to L; swing R ft in front of L high.

Fig. (B)

1-2-3-4 4 deep knee bends traveling in L O D (crawling) with knee touching the floor

rise and repeat Meas 5-6-7-8 Fig. A

1-4 Fig. (C)

1-4 Repeat Fig. A measures 1-4

5-8 Leap sideward onto R ft (count 5), hold (count 6)
Leap sideward on L ft (count 7).
Step R ft just in front of L (count and)
Step back onto L ft in place (count 8) (pas de bas)

Fig. (D)

1-6 Repeat Fig. C measures 1-6

7-8 Step onto L ft brushing R ft forward (count 7)
Brush L ft forward (count 8) brush R foot forward (count 8)

4. LEMONAKI

Formation: Men and women in an open circle, hands joined and down in starting position. Later arms rise. This dance when done as maypole dance is interwoven with syrto steps. Dancers holding ribbons as they dance, as in Macedonian Syrto. Rhythm is 7/8, most easily counted S, Q, Q

Measure:

1 Step R ft to R in LOD (S), step L ft behind R ft (Q)

Step R ft to R (Q)

2 Step L ft across L ft in front of R (S) arms moving forward and backward as they dance (Q), step R ft to R, (Q) step L ft behind R turning body slightly CW (Q).

3 Step R ft fwd (S), raising arms as you step, step L ft fwd (Q), stamp R ft beside L ft (Q) (hands still up)

4 Step L back bringing joined hands down (S), cross R ft in back of L (Q), bring L ft back next to R ft, (Q) with slight hop or chug bwd.

DO MEAS. 1-4 TWICE, THEN FOR THE NEXT TWO TIMES AT END OF EACH SEQUENCE REPEAT MEAS. 3 & 4.

REPEAT ENTIRE DANCE

LYRICS:

LE KA LE, LEMONAKI MYROTHATO
 LEMONAKI MYROTHATO KI' APO
 PERIVOLI AFFRATTO
 MI KA LE, MI PARAMYRIZIS TOSO
 MI PARAMYRIZIS TOSO KE ME KANIS
 KE NYHTOSO
 KI' AN KA LE, KI' ANYHTOSIS
 PALLIKARI
 KI' AN NYHTOSIS PALLIKARI KATSE
 N'AVYI TO FEGGARI
 NA KA LE, NA SE ITHO NA SOU
 MILISO
 NA SE ITHO NA SOU MILISO KE NA
 SE GLYKOFILISSO.

* * * * *

Lemon blossom fair from a garden rare
 hide your petals bright, lest I linger all
 the night
 Why not linger all the night? The moon
 shines on the sky
 let me see and speak with you, and
 sweetly let me kiss you.



5. NIZAMIKOS

Formation: An open circle men and women with
 joined hands which are raised to
 shoulder height.

Measure: Fig. (A)

- 1 Step R ft across in front of L to L,
 (count 1), and step (1, 2) R, L in
 place traveling slightly to RLOD; 3
 steps with feet in same position R to
 R, L ft behind R, and R to R (all
 small steps)
- 2 Hop on R ft, swing L ft in air in front
 of R
 step on L ft crossing front of R,
 leaving R ft free
- 3 Repeat meas. (2)
- 4 Repeat meas. (2)

REPEAT SEQUENCE FROM THE BEGINNING

Fig. (B)

- 1 Same as (A)
- 2 Same as (A), but instead of traveling,
 hop and cross ft in front
- 3 the same step except hop and cross L
 ft in back
- 4 same as (3) except cross ft in front.

6. TSIRIGOTIKOS

Formation: Arms on shoulders, all dancers do
 similar step, except leader who
 may leap and slap back of L ft.
 Body sways to L or R following
 direction of swinging leg.

Measure: Fig. (A)

- 1 ct 1, step R ft to R; ct 2 step L ft
 to R
- 2 ct 3, step R ft to R; ct 4 step L ft
 to R
- 3 ct 5, step R ft to R; ct 6 swing L ft
 up in front of R
- 4 ct 7, step L ft to L; ct 8 swing R ft
 up in front of L

Fig. (B)

- 1 & 2 same as (A)
- 3 jump to R onto R ft (ct 5)
 leap to L onto L ft bringing R to L
 (ct 6)
- 4 leap L sideward onto L ft (ct 7)
 Raise R leg in front of L leg (ct 8)

Fig. (C)

- 1 & 2 same as (A)
- 3 leap to R onto R ft, covering a little
 distance, men may simultaneously
 slap L ft in back with R hand (count 5)
 hold (count 6)
- 4 step to L with L (count 7)
 brush and raise slightly R ft front
 (ct 8)