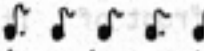


# LEVENTIKOS






## LEVENTIKOS

Florina, Macedonia






This dance, and the next two dances, were all learned in the Florina Macedonia area. Florina is the town, and the county seat. Some of the surrounding villages are Akrita (Bufi), Alona and Armensko. Nikie lived with the Konstantinu family (Simos and Polixeni) in Florina, and danced every day with them. They danced in the surrounding villages at festivals and in tavernas.

LEVENTIKOS is in 12/16 rhythm,  Dance phrase is three measures. Handhold in V position, dance starts with weight on L ft.

### I. count

-  1 Bend unbend L knee, bring R leg in front of L leg, bent R knee, R ft parallel and close to floor.
-  2 Bend unbend L knee again, carry bent R leg slightly to right
-  3 Step on R ft. to right - body and foot facing center, weight equally on both feet - as weight is taken bend knees, then unbend and. . .
-  4 Step on L ft parallel to R ft., L toe next to R heel bend unbend.
-  5 Step on R ft. to the right, facing slightly right, bend unbend

### II. count

-  1 Step right on L ft., facing slightly center, bending knee as weight is taken
-  2 Swing R ft. (parallel and close to floor) into center just in front of L. Unbend L knee as R ft. is moving around, bend unbend again as R ft. gets to center.
-  3 Step on R ft sideward right, bend unbend
-  4 Step on L ft in front of R ft facing slightly right, bending knee as weight is taken
-  5 Step back on R ft.

*Continued...*

III. count

- 1 bend unbend R leg, bringing L leg in front of R, bent L knee, foot parallel and close to floor
- 2 Bend unbend R leg, carrying L leg slightly left
- 3 Step sideward left on L ft. bend unbend
- 4 Step on R ft. in front of L ft., facing slightly left  
bend unbend  
or  
Step back on R ft. parallel to L ft.
- Step on L ft. in place

Repeat above until music quits, or, if you're feeling energetic, hop every time it says unbend above.

LEADER OPTIONS:

- \* Just as in any syrto, kalamatiano, etc., leader can turn on any part of the step which feels right, as long as the leader is stepping on the same foot as everyone else in line.
- \* Using the same movements described above, change the direction on measure II. of dance by:

count

- 1 Step leftward in front of second in line, beginning a counter clockwise turn
- 2 Continue to turn towards second in line
- 3 Step on R ft. to right to face second in line
- 4-5 As above

Measure III. faces second in line

or for men: on count 4 leap squat on both feet, on count 5 come up on L ft.