

MAYIA

Epirotiko Tsamiko

Formation: An open circle holding hands of adjoining dancers, with hands raised a little above shoulder height. Men and women dance in separate lines. The steps are slow and deliberate. Start with Right foot.

Measure:

- 1
 - a. Step R ft to R in LOD (ct 1)
 - b. Bring L leg across R and raise to knee height (ct 2,3)
 - c. With a small knee bend on R knee, circle L leg around to back of R leg, bringing L ft back of R knee (ct 4,5) - hold (6)

- 2
 - a. Step L ft across R ft, large step (ct 1)
 - b. Bring R leg (bent) and swing in front of L, knee height (ct 2,3)
 - c. Small knee bend on L leg, bring and swing R leg in back of L bringing R ft back of L knee (ct 4,5) hold (ct 6)

- 3
 - Repeat all of measure (1)

- 4
 - Step with L ft to L (ct 1)
 - Cross R ft front (ct 2) stepping on R ft (ct 3)
 - Step L ft to L (ct 4)
 - *Step R ft to L ft (ct 5) close (ct 6)

Repeat from Measure 1.

*On the very last step do a deep knee bend and immediately straighten up, raising arms. (VARIATION)

- Presented by Athan Karras