

MAYIA

Epirotiko Tsamiko presented by Athan Karras

FORMATION: In an open circle holding hands and raised just above shoulder height. Steps are slow, and deliberate just touching the ground.

MEASURE:

- 1 a) Step R ft. to R in RLOD
b) Bring L leg across R and raise to knee height
c) With a small knee bend on R leg, bring and raise L leg in back of R and bring L ft in back of R knee
- 2 a) Cross L ft in front of R and step on it
b) Bring R leg and swing in front of L to knee height
c) A small knee bend on L leg, bring and swing R leg in back of L and bring R ft in back of L knee
- 3 Repeat meas (1) all three parts
- 4 Step with L to L
Cross R ft in front stepping to L
- 5 Step L ft to L
Step R ft to L ft (close)

RECORD: PANHELLENION

VAR I

- * On the very last step for a variation do a deep knee bend and immediately straightening up, raising arms, (snap up).

VAR II

- * On the very last step for a variation do a deep knee bend and as you raise up, Raise R leg high with bent knee, and ready to step out.

VAR III

- * On measure #2 as R leg swings in front and then behind, release handhold and execute a complete turn, pausing, and then stepping out, on R ft to R

Dance always is danced in separate lines

The INTERSECTION Folk Dance Center
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