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(4-FIG)

PENTOZALI (Peh-ntoh-ZAH-lee)

The name means five dizzy steps and is derived from the Greek word "Pente" meaning five, and the work "Zalee" meaning dizzy. The music usually starts out slow and finishes very fast.

Music: Folkraft #3
Panhellenion
Kefi Records KER 101
or any Pentozali Recording may be used.

Formation: Line dance done by men and women holding shoulders

Characteristic: The dance is very springy and fast with an up and down rather than traveling movement.

Meter: 2/4

Dance starts with everyone facing center at the beginning of any musical phrase.

Means. Count

1	1	Leap on L swd L
	2	Hop on L in place, slightly lifting R knee and crossing R slightly in front of L
II	1	Jump on R slightly swd R
	2	Step on L swd L
	and	Step on R in front of L
III	1	Step on L in place
	2	Step on R swd R
	and	Step on L next to or in front of R
IV	1	Leap on R swd R
	2	Hop on R in place, slightly lifting L knee and crossing L slightly in front of R

Variation one:

III, IV	1	Jump on R swd R extending L leg fwd
	2	Touch L heel in front of R
	and	Hop on R in place

Variation Two:

III	1	Step on L in place, kicking R ft straight fwd
	2	Brush R bwd, displacing L which is kicked straight fwd
	and	repeat count 2 with opp ftwk

Variation Three:

III	1	Step on L in place
	2	Jump on both ft together swd R
	and	Pause