



PENTOZALI  
**Pentozale**  
 Greek

Πεντοζαλης

**Music:** Pentozale from *Greek Dances and How to Do Them*

**Time:** 3:10



Favorite pictures

Begin with the slow pentozale step, do ten repetitions. Switch to fast step. The circle goes around until facing the audience, then straightens out. Dancers divide into groups of three and move forward with 6 pony steps. Once in position, begin other version of the fast pentozale. Variations are called by the leader at that point.

Slow pentozale - Step on right bring left foot forward, step on it, bending left knee and bringing right foot forward to meet left. Touch the toe of the right foot. Step back on the right. Step behind right foot with the left. Step to the right on the right foot, bring left foot next to right.

Fast step - Step on right, kick left; step on left kick right. Switch so that weight is on the right foot and left foot touches in front of right (1 beat). Step left on left foot, pony step with right in front of left.(3 beats) Step to the right on the right foot, behind it with the left and begin again.

Fast step (2) - Step forward on left foot, hop on it bending right knee. Switch so that weight is on the right foot and left foot is touching front of right ankle; kick left foot. Pony step starting left, pony step starting right. This step is done in place.

**Variations:**

*Strofi* - The groups of three make a 360° turn while doing the basic step. (Person on the right reverses the step, person on the left travels forward with it, center person spins in place.)

*Psalidi* - Do the first four steps as normal up until the kick with left foot. Switch feet four times. Begin basic step.

**Translations:**

*Strofi* - Turn

*Psalidi* - Scissors

