

Pentozalis - Greece

Short lines, arms in shoulder hold. Meter 4/4.

Pentozalis has a number of different steps that can be done, with the leader calling the steps. These are some of the more common ones.

Measure Count Step

Basic

- | | | |
|---|-----|--|
| 0 | 4 | Hop on R foot (4). |
| 1 | 1-4 | Step forward on L foot (1), hop on L foot (2), step back on R foot (3), step on L foot to L (4), step on R foot in front of L foot (&). |
| 2 | 1-4 | Step on L foot in place (1), step on R foot next to L foot (2), step on L foot in front of R foot (&), step on R foot in place (3), hop on R foot (4). |
- Repeat measures 1-2 until leader calls another step.

Travel

- | | | |
|---|-----|--|
| 1 | | Repeat measure 1 of Basic. |
| 2 | 1-4 | Step on L foot in place (1), step on R foot to R (2), step on L foot behind R foot (&), step on R foot to R (3) hop on R foot (4). |
- Repeat measures 1-2 until leader calls another step.

Scissors

- | | | |
|---|-----|--|
| 1 | | Repeat measure 1 of Basic. |
| 2 | 1-4 | Step on L foot in place while kicking R leg forward with straight leg (1), bring R foot back next to L foot, while kicking L leg forward with straight leg (2), bring L foot back next to L foot, while kicking R leg forward with straight leg (&), bring R foot back next to L foot, while kicking L leg forward with straight leg (3), hop on R foot (4). |
- Repeat measures 1-2 until leader calls another step.

Double Scissors

- | | | |
|---|-----|--|
| 1 | 1-3 | Repeat counts 1-3 of measure 1 of Basic. |
| 1 | 4 | Step on L foot next to R foot while kicking R foot forward with straight leg (4), bring R foot back next to L foot while kicking L foot forward with straight leg (&). |
| 2 | 1-4 | Bring L foot back next to R foot while kicking R leg forward with straight leg |

(1), bring R foot back next to L foot, while kicking L leg forward with straight leg (2), bring L foot back next to L foot, while kicking R leg forward with straight leg (&), bring R foot back next to L foot, while kicking L leg forward with straight leg (3), hop on R foot (4).

Repeat measures 1-2 until leader calls another step.

Slap

- | | | |
|---|-----|---|
| 1 | | Repeat measure 1 of Basic. |
| 2 | 1-4 | Step on L foot next to R foot (1), leap onto R foot next to L foot (2), slap L foot forward (3), hop on R foot (4). |

Repeat measures 1-2 until leader calls another step.

Double Slap

- | | | |
|---|-----|--|
| 1 | 1-3 | Repeat counts 1-3 of measure 1 of Basic. |
| | 4 | leap onto L foot next to R foot, while lifting straight R leg forward (4). |
| 2 | 1-4 | Slap R foot forward (1), leap onto R foot next to L foot while lifting straight L leg forward (2), slap L foot forward (3), hop on R foot (4). |

Repeat measures 1-2 until leader calls another step.

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