

T'ASTRIN KI TOU FENGARAKI

(Greece - Macedonia)

The Serres region - the Pella area

A Macedonian dance from the region of Serres. Learned from Nana Stefanaki of Likion tou Helenindon, Athens. 1966.

Music: Yves Moreau workshop cassette
Rhythm: 2/4. Slow and fast music.
Formation: Mixed lines. Hands joined in "W" pos. Wt on L, face slightly R of ctr.
Style: Fairly "earthy" and proud Macedonian style.

Measure

Pattern

1-8 Intro. music. No action.

1. Slow Pattern

1 Step on R to R (1) pause (2)
2 Step on L in front of R with marked flexion (1) pause (2)
3 Facing ctr, step on R to R (1) pause (2)
4 Close L to R (1) pause (2)
5-16 Repeat pattern of meas. 1-4, three more times

2. Fast pattern

Note: There is a short pause between slow and fast patterns.
Hands are down at sides for fast part.

1 Step fwd on R (1) close L behind R (&) step fwd on R (2)
2 Do another travelling "two-step" in same direction beg with L ft.
3-4 Repeat pattern of meas 1-2
5 Facing ctr, step on R in place, swinging arms fwd, straight elbows (1) hop on R, crossing L leg slightly across R and arms swinging slightly back (2)
6 Same as in meas. 5 but with reverse direction and ftwrk
7-8 Repeat pattern of meas 5-6.

Note: After meas. 8, there is an extra beat accompanied by a stamp with R ft, no wt, next to L.

Dance repeats from beginning. **Note:** The dance is done 6 times. The sixth time, the fast part is done three times instead of twice, and the stamp then occurs on the third time to end the dance.

Presented by Yves Moreau