

# SYRTÓS KEFALLINÍAS — Ionian Is.

Συρτός Κεφαλληνίας

(Line dance, no partners)

**Translation:** Syrtós from the island of Cephalónia.

**Starting Position:** "W" position. Right foot free.

**Measure**

**VARIATION I — Basic**

- 1-2 ♪ STEP SIDEWARD RIGHT on right foot (count 1),  
 ♪ CROSS AND STEP on LEFT foot in BACK of right (count 2),  
 ♪ Turning to face slightly right, FOUR WALKING STEPS FORWARD starting with right foot (counts 3-6). *Note:* Sometimes there is a slight HOP on right foot just before the second walking step (left).  
 3 ♪ Turning to face center, LEAP SIDEWARD RIGHT on right foot swinging left across in front (count 1),  
 ♪ Moving left, STEP SIDEWARD LEFT on left foot (count 2),  
 ♪ CROSS AND STEP on RIGHT foot in FRONT of left (count 3).  
 4 ♪ STEP SIDEWARD LEFT on left foot (count 1),  
 ♪ POINT RIGHT TOE ACROSS in front of left (count 2),  
 ♪ CHUG\* LEFT foot BACKWARD, brushing right heel forward (count 3).

**VARIATION II (Music E, only)**

- 1-3 As I above.  
 4 ♪ STEP SIDEWARD LEFT on left foot (count 1),  
 ♪ POINT RIGHT TOE ACROSS in front of left (count 2), PAUSE (count 3).  
 5 ♪ STEP SIDEWARD RIGHT on right foot (count 1),  
 ♪ STEP on ball of LEFT foot just in BACK of right foot (count 2),  
 ♪ CROSS AND STEP on RIGHT foot in FRONT of left (count 3).  
 6 ♪ As I above, measure 4.

\*CHUG: a sudden, very slight slide of the foot. The feeling of the dance is such that it seems to begin with this chug.

**Rhythm:** 3/4



# TÁI TÁI — Thessaly

Τάι Τάι

(Line dance for couples)

**Translation:** A contraction of t' ainévene, τ' ἀινέβαινε ("was climbing" in Thessaly dialect).

**Rhythm:** 2/4

**Formation:** Open or broken circle, or line, of couples, alternating man, woman, man, woman, etc. from right end.

**Starting Position:** Front basket hold: women step forward slightly and join hands then duck back under joined hands of men. See Fig. 1. Left foot free.



FIGURE 1

**Measure**

**PART I — Slow (Music A, B)**

- 1-10 ♪ CROSS AND STEP on LEFT foot in FRONT of right (count 1),  
 ♪ STEP SIDEWARD RIGHT on right foot (count 2),  
 ♪ CROSS AND STEP on LEFT foot in FRONT of right (count 3),  
 ♪ STEP SIDEWARD RIGHT on right foot (count 4),  
 ♪ ROCK SIDEWARD LEFT on left foot (count 5),  
 ♪ ROCK SIDEWARD RIGHT on right foot (count and).  
 REPEAT above pattern three more times (four times in all).

## PART II — Quick (Music C)

- 11-22** Women duck forward under joined hands of men so women are slightly in front, as in Fig. 2. Facing slightly and moving right, a series of 4, 5, 5, 5, 3 hop-steps\* with a half-beat change-step in between, as follows:



FIGURE 2

- ♫ **FOUR HOP-STEPS\* FORWARD** starting with hop on right foot (counts 1-and, 2-and, 3-and, 4-and). The last step (count "and" after count 4) is a slight LEAP on right foot across in front of left, displacing left foot and throwing it back slightly.
- ♫ A slight LEAP on LEFT foot across in back of right, displacing right foot and throwing it forward slightly (count 5).
- ♫ **FIVE HOP-STEPS\* FORWARD** starting with hop on left foot (counts and-6, and-7, and-8, and-9, and-10). The last step (count 10) is a slight LEAP on right foot across in front of left, displacing left foot and throwing it back slightly.
- ♫ A slight LEAP on LEFT foot across in back of right, displacing right foot and throwing it forward slightly (count and).
- ♫ **REPEAT** above pattern—of five hop-steps\* starting with left foot plus one slight leap on left foot—twice (three times in all).
- THREE HOP-STEPS\* FORWARD** starting with hop on left foot.

\*See Glossary

## ZAGORÍSIOS — Epirus

Zayopísios

(Line dance, no partners)

**Translation:** from Zagóri, an area northeast of Ioánnina, beyond the Mitsikéli mountain, which contains 46 villages.

Rhythm: 5/4

**Starting Position:** "W" position. Weight on ball of right foot, heel raised; left foot free.



## Measure

- 1 ♫ **LOWER AND RAISE RIGHT HEEL** slightly, **TWICE**, slowly swinging left foot around to front (counts 1-and-2-and),
  - ♫ **CROSS AND STEP** on LEFT foot slightly in **FRONT** of right (count 3),
  - ♫ **TOUCH RIGHT TOE** (right heel raised high) in **BACK** of left heel (count 4),
  - PAUSE (count 5).
- 2 ♫ **STEP SIDEWARD RIGHT** on ball of right foot (count 1),
  - ♫ **CROSS AND STEP** on LEFT foot in **FRONT** of right (count 2),
  - ♫ **STEP SIDEWARD RIGHT** on ball of right foot (count 3),
  - ♫ **CROSS AND STEP** on LEFT foot in **FRONT** of right (count 4),
  - ♫ **PAUSE**, swinging right foot around to front (count 5), raising left heel (count and).
- 3 ♫ **LOWER AND RAISE LEFT HEEL** slightly, **TWICE**, slowly swinging right foot around to back (counts 1-and-2-and),
  - ♫ **CROSS AND STEP** on RIGHT foot slightly in **BACK** of left, (count 3),
  - ♫ **TOUCH** ball of LEFT foot beside right heel (count 4),
  - PAUSE (count 5).
- 4 ♫ **STEP SIDEWARD LEFT** on left foot (count 1),
  - ♫ **CROSS AND STEP** on ball of RIGHT foot in **BACK** of left (count 2),
  - ♫ **STEP SIDEWARD LEFT** on left foot (count 3),
  - ♫ **CLOSE AND STEP** on RIGHT foot beside left (count 4),
  - ♫ **PAUSE** (count 5), raising right heel and touching left toe (left heel raised high) slightly left of right heel (count and).