

Thiakos & Selfo

Θειακός & Σέλφω

(Epiros)

Thiakos is a two part dance from the regions of Zagori and Ioannina (Giannena) Epiros. A similar version of Thiakos, but in different style, is danced on the island of Lefkada in the Ionian Sea. As a result, some folk dance enthusiasts have adopted the romantic argument that the dance originated from the island of Ithaca. This has not been proven. Selfo is often danced immediately after Thiakos. The dance structure is similar to that of Hasapiko Politiko. "Selfo" is also the name of the melody.



Pronunciation: Thee-AH-kos

Music: Christos Papakostas Presents Dances from Greek and Roma Communities of the Lower Balkans (2012)

Rhythm: Part 1: 4/4 as S Q Q. Part 2: 3/8 or 6/8.

Formation: Open circle. Arms in W position.

Style: Typical Greek hand hold, dance moves to the right.

METER: Part 1 4/4; Part 2 3/8 or 6/8 PATTERN

Meas

Part 1. Pogonisios-like 4/4 meter

INTRODUCTION: Wait for 2 measures

- 1 Facing the circle's center. Step on R to R(ct. 1). Step L across behind R(ct. 3). Step on R (ct. 4).
- 2 Step on L across in front of R(ct. 1). Step on R(ct. 3). Step on L across in front of R(ct. 4)
- 3-8 Repeat Measures 1 & 2 three times

Part II. Triple steps 3/8 or 6/8 meter

- 1 Turning slightly to the L, chassé (triple) step RLR (cts. 1-2-3 or R-2-3).
- 2 Turning slightly to the R, chassé (triple) step LRL (cts. 1-2-3 or L-2-3)
- 3-12 Repeat measures 1 & 2 five times

Sequence I+II based on melody

SELFO. Hassapiko-like

- 1 Facing center, move slightly R and turn slightly: Step on R(ct. 1). Step on L across in front of R (ct. 2).
- 2 Turning to face the center, Step on R(ct. 1). Lift L(ct. 2).
- 3 Step on L(ct. 1). Lift R(ct. 2).