

# Trata Arvanitiki

(Attica, Athens)

The term "Trata" is used to describe a variety of dances from the general area of Attica surrounding the city of Athens. All these dances are for women only and are accompanied traditionally by antiphonal singing of the dancers themselves. The Trata dances are associated with the various local festivals and are all characterized by the use of the front basket or cross arm hold. This area of Greece is one of many inhabited by "Arvanites"—descendents of Albanian tribes who settled here in the 14-15th centuries. The Trata described here is an arrangement of three variants from the villages of Aspropirgos, Elefsina and the island of Salamina.

Pronunciation: TRAH-tah ar-vah-NEE-tee-kee

Cassette: Greek Dances 1992 #1 Side A/1

Rhythm: 7/8 meter (3/8, 2/8, 2/8 counted as 1, 2, 3 or S, Q, Q)

Formation: Open circle of W, front basket, L over R.

## Meas

## Pattern

INTRODUCTION. No action. Start with orchestra.

### FIGURE I (village of Aspropirgos)

- 1 Facing slightly R of ctr, step on R i n LOD (ct 1); step on L in front of R (ct 2); pivoting to face ctr, step on R slightly to R (ct 3).
- 2 Step back on L (ct 1); step back on R (ct 2); pivoting to face slightly R of ctr, step fwd on L in front of R (ct 3).
- 3-8 Repeat meas 1-2 three times.

### FIGURE II (village of Elefsina)

- 1 Facing ctr, step on R to R (ct 1); step on L behind R (ct 2); step on R to R (ct 3).
- 2 Step on L across and behind R (ct 1); step on R next to L (ct 2); step on L across and in front of R (ct 3).
- 3-8 Repeat meas 1-2 three times.

### FIGURE III (island of Salamina)

- 1 Repeat Fig I, meas 1.
- 2 Facing ctr, step on L across and behind R (ct 1); step on R to R (ct 2); step on L across and behind R (ct 3).
- 3-8 Repeat meas 1-2 three times.

Repeat figures in sequence until end of music.

Presented by Joe Kaloyanides Graziosi