

Triti Pota , Aggistro, Greek Thrace

I learned this dance from Kyriakos Moisidis during a 2008 trip through Greek Thrace

Formation: Open circle, hand hold joined in W pos., change to V in "Fast" section

Music 2:4 meter , Dance Counts : 1 & 2 Begins slow and speeds up

(Bob and Jerry Kolo Festival CD, from the K. Moisidis collection)

Pattern: Dance is 8 measures. It moves to R and L, dancers face slightly to the movement direction and face center for the step sequence at each end. Hands in V while moving to the R, W while moving L.

Begin facing slightly to R of center, hands in V position

- Meas 1 1) Step R fwd to right
 2) Step L across in front of R
- 2 1) Step R
 &) Close L to R
 2) Step R
- 3 1) Step L
 &) Close R to L
 2) Step L
- 4 1) Face center, step R in place
 2) Lift L knee fwd, arms lift to W
- 5 1) Facing slightly to L, Step L fwd to L
 2) Step R across in front of L
- 6 1) Face center, step L in place
 2) Lift R knee fwd
- 7 1) Step R in place
 2) Lift L knee fwd
- 8 1) Step L in place
 &) Step R beside L
 2) Step L beside R, as hands come down to V

As music speeds up, Meas. 6- 8 become:

- 6 1&2) LRL in place
- 7 1&2) RLR in place
- 8 1) L in place,&) R behind L
 2) L across R while turning to face slightly R, hands down to V

As music gets even faster, Meas. 8 will become:

- 8 1) Jump with both feet in place
 2) Hop on L in place while turning to face R, hands come down to V

As music gets even faster hops are added in Meas. 1, after ct. 1 and ct. 2