

TRYGONA
(Greece)

Trygona is danced all over. It derives its name from a woman called Tryogona. The story goes that she was married to a lazy husband, and she would have to do the daily chores and bring the firewood home. The lyrics depict the lazy husband and his wife.

Pronunciation: Tree-goh-nah

Record: Pontic Dances - Dances of the Pontic Greeks
#PD-1234; 33-1/3 extended play. 4/4 meter.

Formation: Hand hold - arms overhead first half of pattern, swinging rhythmically at sides second half of pattern.

Meas

Pattern

- 1 Traveling RLOD, start with R ft stepping L four steps - R,L,R,L. Arms, which were overhead, swing down and back on fourth step.
- 2 In place step R,L,R,L keeping R ft slightly fwd. Arms swing in rhythm with steps - fwd, bkwd, fwd, up.

Repeat entire sequence.

Presented by Nikos Savvidis