

Tsamiko Vlachiko

(Vlach, Greece)

The Vlachs are a semi-nomadic (transmigrant) people who speak a Latin-based language and live in the Southern Balkans. This group is different than the Vlachs of East Serbia and Northwestern Bulgaria.

Pronunciation: TSAH-mee-koh VLAH-chee-koh

Cassette: Steve's Stockton '97, The Big 50

3/4 meter

Formation: Line or open circle, hands joined in W-pos.

Meas

Pattern

BASIC

- 1 Facing very slightly R of ctr, step on L across in front of R (ct 1); hold (ct 2); step on R to R in LOD (ct 3).
- 2-3 Repeat meas 1 twice.
- 4 Turning to face ctr, step back on L (ct 1); step back and to R on R (ct 2); step fwd on L across in front of R (ct 3).
- 5 Bounce on L and strike R heel (knee extended in front *without touching it to the ground* (ct 1); bounce again on L bringing R around and to back (ct 2); step back on R (ct 3).
- 6 Touch or lift L to L (ct 1); hold (ct 2); step on L across and in front of R (ct 3); step on ball of R ft quickly to R (like a catch step) (ct &).

VARIATION

This version is from the village of Polikasteno in the Kozani region of Macedonia.

- 1-5 Repeat Basic, meas 1-5.
- 6 Step on L diag back to L (ct 1); step on R in place (ct 2); step on L across in front of R (ct 3); step on ball of R ft quickly to R (like a catch step) (ct &).

Presented by Steven Kotansky