

TSAMIKOS

SOURCE: A Panhellenic dance popularized throughout Greece, though its origins are in Roumeli, and later spread into Peloponnesus and Epiros. A dramatic dance characterized with symbolic movements of releasing warlike feelings and regaining the sense of freedom as seen by the leader leaping into the air. Homer mentions a dance in which men participated as pipers and lyre players stood in the center accompanying the dancers. In more recent years women also have joined in with the men. The music is $3/8$ or $3/4$ and the rhythm is strict and as the dancers start the dance the phrase adhering to the imposing rhythmic structure creating free interpretive movements of slapping heels, leaping in the air, and bending backwards as if in defeat, and then being tossed into the air victorious.

$3/8$ Holding hands and raised at shoulder height

Meas.

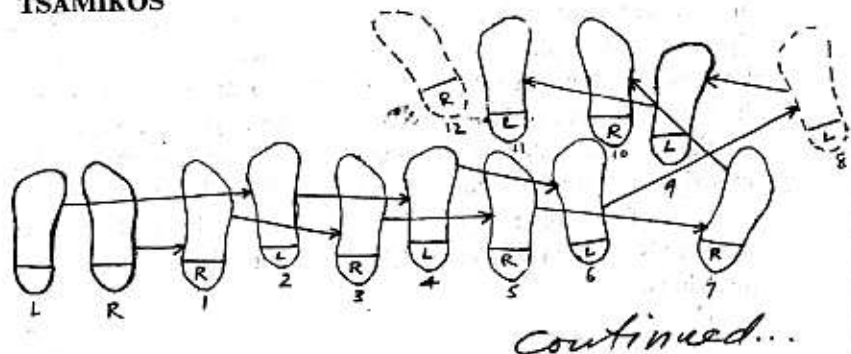
- 1 Step R ft to R in RLOD (counts 1-2).
Crossing and stepping L ft in front of R ft. (count 3).
- 2 Repeat meas. 1.
- 3 Repeat meas. 1.
- 4 Step to R with R ft (counts 1-2).
Hopping on R ft., crossing L leg across the standing leg off the ground (count 3).
- 5 Stepping with L ft to Left (counts 1-2).
- 6 Hopping on L leg and raising R leg across L (count 3).

VARIATION

- 1 Step on R ft to R, cross Left in front and step on it and point R ft to side leaving weight on L ft. (counts 1, 2-3).
- 2 Step on R ft back and behind L ft, point L ft to side L (counts 1, 2-3).
- 3 Step L ft to R, step R ft to R, Hop on R ft raising L leg across (counts 1, 2-3).
- 4 Step L ft to L, cross R ft to L and step on it, step L ft to L.
- 5 Raise R leg up high, and hop on L ft.

OTHER VARIATIONS ARE LEADER SLAPPING FEET ON COUNTS OR AFTER SECOND MEAS.

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2 No VARIATION

