



Tsamikos

Greek

Τσαμικός

Music:

Davelis from *20 Greek Dances by Dora Stratou*

Time: 3:37



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The variations are done in the following order with three basic steps between each one. The leader then does some improvisation. The basic step we do is a 12 step tsamikos, and not the one usually seen done at dances and parties.

Basic Step: Shuffle step starting with right foot to the right. Left crosses in front of right. Brush front with right. Step behind left with right. Touch left foot to the left (7 o'clock). Step on left in front of right. Step to the right on right. Lift left.

Shuffle step to the left on left. Cross right over left. Step to left on left. Brush right.

Variations:

Strofi - Turn clockwise on steps 2 and 3, continue as normal. Turn counterclockwise on steps 10 and 11.

Kato - Squat on step 7, continue as normal.

Eksi-Eksi - After step six, hop on left foot bending right leg slightly, then hop on right foot bending left foot slightly. This move is done moving quite a bit to the right. Continue with step 9 (left foot steps to the left.)

Leventiko - After step six hop forward on left foot bending right leg slightly. Hop on left foot again, kicking right foot til it is straight in front of you. Hop on right foot with left leg slightly bent. Kick left foot forward and step on it. Arms come up and let go of hands. Pivot on the left foot until facing back. Step on right foot and complete the turn by stepping on left. Kick right (as in step 12). Begin basic step.

Translations:

Strofi - Turn

Kato - Down

Eksi-Eksi - Six six.

Leventiko - has no translation, really. Kind of means cool.