

TSAMIKO

(Vlach, Thessaly/Epirus Greece)

Presented by Steve Kotansky

A Tsamiko as danced by Vlach (see Karabatakikos) living in the Northern Thessaly, ~~region of Greece.~~ Macedonia, Greece.

Recording: Camp Tape

Formation: Line or open circle with "W" hold.

Music: 3/4 J J J ften dd

Dancer's Beats 1 2 3

Measure

1. Facing very slightly R of center, step L across and in front of R (1); hold (2); step R to R (3).

2-3. Repeat 1.

4. Turning to face Center, step L back (1); step R back and to R (2); step L fwd and across in front of R (3).

5. Bounce on L and strike R heel (knee extended in front without touching it to the ground. (1); bounce again on L bringing R around and to back (2); step R back (3).

6. Touch or Lift L to L (1); hold (2); Step L across and in front of R (3); step R (on ball) quickly to R (like a catch step) (&).

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

1-5 As above

6. step L back diag to L (ct. 1); step R in place (ct. 2); cross and step Lft in front of Rft (ct. 3); step Rft (on ball) quickly to R (like a catch step (ct. 4)).