

Tsámikos Kardhítsa

Greek

History

A Greek womens' dance that I learnt from Laura Shannon.

Rhythm

The music has an even, 3/4 rhythm and, apart from one place in the sequence, there is a step on each beat.

Steps

Start in a line, facing centre, with arms in a W hold.

Step to the side with the right foot, step across behind with the left, step to the side with the right while turning to face right.

Take three steps forward, starting with the left.

Turning to face centre step to the side with the right, step straight forward with the left, then step straight back and replace the right.

Turning to face left step forward with the left, rock back onto the right just forward of where it was, then rock forward onto the left just forward of where it was. These three steps are all quick. Then step forward with the right in normal time.

Turning to face centre step to the side with the left foot, step straight forward with the right foot, then step straight back and replace the left.

Music

Te Merakia from **Return To Our Roots** by **Dimitri Stoyanoff & Friends** (AVL94234CD).

I also use a private recording of **Stou Papalambrou** by **Xenos**, recorded live at the Findhorn Dance Festival 2001, but the band have requested that I do not distribute it.

Dance description by Andy Bettis 11/2002