

TSAMIKOS MENELAÏDOS

(Thessaly, Greece)

This Tsamiko and its variations come from Lamia – Neohori and Ipati in south-eastern Thessaly.

Source: Yannis Konstantinou

Recording: Seminar CD or any good Tsamiko

Formation: Open circle with a "W" hand-hold

Music: 3/2

Meas

5 Measure Basic

- 1 Facing center, Step Rft to R (ct 1); Step Lft to R crossing behind Rft (ct 2); Turning to face R of center, Step Rft fwd (ct 3).
- 2 Lft fwd (ct 1); Step Rft fwd (ct 2); Step Lft fwd (ct 3).
- 3 Turning to face center, Step Rft to R (ct 1); Step Lft fwd in front of Rft (ct 2); Step Rft back to place (ct 3).
- 4 Facing slightly L of center, Step Lft to L (ct 1); Rock back onto Rft in place (ct &); Step Lft in place (ct 2); Step Rft across and in front of Lft (ct 3).
- 5 Reverse action of meas 3.

Variation I (6 meas)

- 1 Facing slightly R of center, Step Rft to fwd to R (ct 1); Rock back onto Lft in place (ct &); Step Rft in place (ct 2); Step Lft across and in front of Rft (ct 3);
- 2 Step on ball of Rft slightly to R raising up on it (ct 1); Step onto full Lft slightly in front of Rft (ct 2); Small step Rft quickly to R (ct 3); Small step Lft quickly up to and slightly in front of Rft (ct &);
- 3 Step Rft to R (ct 1); Lift on Rft and bring Lft up and in back (ct 2); Step Lft across and in front of Rft (ct 3);
- 4-6 Repeat action of meas 3-5 of Basic.

Variation II (6 meas)

- 1-2 Repeat action of meas 1-2 of Variation I
- 3 Continue to R with another quick, small step Rft (ct 1); Step Lft quickly up to and in front of Rft (ct &); Step Rft fwd to R (ct 2); Step Lft across and in front of Rft (ct 3);
- 4-6 Repeat action of meas 4-6 above. Same as 3-5 of Basic.

Note: Meas 3 and 5 of Basic, or 4 and 6 of Variations can be replaced by a Step – Lift (cts 1, 3) as is common in many Tsamika.

Presented by Stephen Kotansky

Paula 2007