

"Jog" (rise and fall) on the right foot; the left foot completes the swing in front of the right. .... count 2  
 Step to the left on the left foot, swing the right foot in front of the left. .... count 3

#### Forward and back

- D. Step to the right with the right foot ..... count 5  
 Step forward on the left foot ..... count 1  
 Step forward on the right foot, bring it up beside the left .... count 2  
 Step back on the left foot, taking the weight on it ..... count 3

#### Left

- E. Four running steps to the left, counts 5—1,2,3.  
 This is easy for the Greeks; most other dancers find a few sleepers in the line who get "run down!"

#### Down!

- F. Exactly as (B) except that the knees are bent progressively more with each count; the (3) count finds the dancers in a squatting position from which they begin the "starter" by leaping upright and to the right with the right foot.



## Tsitsanis

We are very grateful to the Daughters of the Penelope of Passaic for this most interesting Greek dance with it's vroom, vroom of the dancing girl's bracelets.

FORMATION: Broken circle of dancers, elbows bent ,hands towards sides, shoulder-high.

MUSIC: Record; I Gerakina, Columbia 7626-F (Reverse side also a Tsitsanis; Arabella)

Step diagonally R with R ft., heel first with deliberate emphasis.

Step L ft. behind R ft. rapid sweep.

Step quickly R with R ft.

Turn body toward R to face line of dance, stepping fwd on L heel.

Still facing R, take 3 small running steps R-L-R

Turn body toward center, stepping fwd with L heel

Step R ft. beside L ft.

Step back with a rocking motion on the L ft.

Step back with R ft. lifting L ft. slightly off ground.

Rock forward on left ft.