

TSOBANISTIKO (Tsoh-bah-NEE-stee-koh)

The dance comes from the Northwestern part of Macedonia and simply means the "shepherds dance". According to Simos Kostandinou, who introduced the dance in California, the dance depicts a shepherd gathering strays by bending down, picking up stones and throwing them at the strays.

Music: Songs of Macedonia SOM 11 mh

Formation: Line dance done by both men and women holding hands. Hands are held down except in one variation when hands are held at shoulder height.

Characteristic: The dance has a slow running style and is similar to the Macedonian antikriston or karsilama dance.

Meter: 9/8 time

The dance starts at the beginning of any musical phrase with everyone facing center.

Meas count

- | | | |
|---|---|--|
| I | 1 | Step on R twd LOD (slow running step) facing LOD |
| | 2 | Step on L twd LOD |
| | 3 | Step on R twd LOD |
| | 4 | Raise R heel, close L besides R, lowering R heel |

II, III Repeat as above

- | | | |
|----|---|--|
| IV | 1 | Leap on R twd center facing center |
| | 2 | Step on L in place |
| | 3 | Step on R twd |
| | 4 | Raise R heel, close L besides R, lowering R heel |
| | | Pause |

Variation one:

- | | | |
|---|---|--|
| I | 1 | Step on R twd LOD facing LOD |
| | 2 | Lift L knee fwd raising R heel off the floor, lower R heel |
| | 3 | Step on L twd LOD |
| | 4 | Close R besides L (light stamp) |
| | | Pause |

II, III Repeat as above

IV Repeat as meas. IV of basic step

Continued...

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Variation two:

Facing center bring arms to shoulder height.

- I 1 Raise and lower L heel with R knee raised fwd
- 2 Repeat as above
- 3 Step on R twd R
- 4 Touch L toe twd L

II, III, IV Repeat as above alternating ftwk

TURN:

- I Same as in Meas one of variation two
- II Repeat with opp ftwk, turning one half turn to the R, facing away from center
- III Same as in Meas one of variation two
- IV Repeat Meas II above completing the turn to face center

Presented by:
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