

VARI HASAPIKOS

FOLK DANCE FED. OF CALIF., SO SECTION
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STANDARDIZATION BULL. NO. 19
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VARI ~~SLOW~~ HASAPIKO (CONT'D)

- 3--Same as #3 in basic step above;
- 4--Step L across in back of R foot; step to R on R foot.

MESA EXO: (In and Out) 6 slow beats

- oh
- 1--Step on L heel across in front of R; step slightly to the R on R foot;
 - 2--Step on L heel across in front of R; swing R around closely in front of L, preparing to
 - 3--Step on R heel across in front of L; step slightly to the L on L foot;
 - 4--Step on R heel across in front of L; swing L around closely in front of R, preparing to
 - 5--Repeat #1 above;
 - 6--Repeat #2 above; finish usually with Syrto or Klisto.

#3, 4, 5, and 6 may be repeated if desired, making a total of 10 slow beats instead of 6 for this step.

SYRTO: (Dance) 4 slow beats

- oh
- 1--With feet and knees close together, walk backward 2 small steps R, L on flat of foot and dragging feet on the floor;
 - 2--Repeat #1;
 - 3--Moving sharply fwd and to the R, take a large step R; step on L heel across in front of R;
 - 4--Step back on R, swing L up closely in front of R ankle, toe up and out.

KLISTO: (Close) 6 slow beats

oh

Previous step must be one which ends with weight on L; prepare for Klisto by raising R foot to side, knee bent:

- 1--Stamp R close up against L, so that heels click together as you stamp;
- 2--Keeping heels together, point both toes out;
- 3--Pivoting on toes, swing both heels out so you are standing pigeon-toed;
- 4--Pivoting again on toes, swing heels in to touch again;
- 5--Slowly rock back on heels;
- 6--Come down off heels onto flats of feet again, feet close together.

TESSARA EMPROS: (Four Forward) 6 slow beats

- 1--Step on L heel across in front of R; step slightly to the R on R foot;
- 2--Step on L heel across in front of R; swing R around closely in front of L, preparing to
- 3--Step flat on R to the L of L foot, feet touching; thus you are standing cross-legged;
- 4--Crossing L over in front of R, step on L to R of R foot, feet touching;
- 5--Repeat #3;
- 6--Repeat #4.

This step is usually followed by Klisto or Syrto.

Cont

S L O W H A S A P I K O (C O N T ' D)

MISO: (pronounced mee-so) (Half) 6 slow beats

oh!

- 1--Step on L heel across in front of R; step slightly to R on R foot;
- 2--Step on L heel across in front of R; swing R foot around in front of L, getting ready to
- 3--Take large step R across in front of L; take large step to L on L foot;
- 4--Take large step to L on R foot, stepping in front of L, at the same time kneeling quickly on L knee; rise quickly with weight on L foot;
- 5--Step to R on R foot; step on L heel across in front of R foot;
- 6--Step back on R foot, at same time raising L foot in front of R ankle, toe up and out.