

ZAGHORISIOS (Epirus)

The Zaghori region of Epirus is an area northwest of the town of Yannina, on the west slopes of the Pindus mountain range. During Ottoman times the Zaghori was given special semi-autonomous privileges and its inhabitants, both Greek and Vlach, developed a mixed economy based on emigrant traders, muleteers and animal husbandry.

Formation: open circle with W arm hold.

Meter: 5/4 (1,1,1,2)

- Meas. 1: Facing ctr, wt on R, swing L ft low fwd(1); lift L slightly back & up from thigh (2); step L sl fwd or diag fwd R (3); bring R ft up & hook it behind L calf (M only), or L ankle (W and M)(4).
- Meas. 2: Turning to face sl R of ctr, step fwd R (1); step L in front of R (2); step fwd R (3); step L in front of R (4).
- Meas. 3: Turning to face ctr, swing R up in front of L leg (1); swing R around and behind L leg (2); step onto R (3); lift L ft up or touch it sl fwd (4).
- Meas. 4: Step to L on L (1); step R behind L (2); step to L on L (3); close R to L (4).

- Variations in Meas. 3:
- 1) on ct 4 swing L ft behind & next to R leg
 - 2) on count 1 swing R around and step on R in front of L; rock back onto L (2); swing R around and step on it just behind L, facing ctr (3); lift L and swing it behind & next to R leg (4).

"TSAKISTOS"

Usually musicians will play a "break" (tsakisma) between the Zaghorisios (or any other slow dance) and the "yirisma" (= turning), which is usually the sta dhyo. Although this music resembles the Tsamiko, it is danced differently:

Facing ctr, step to R on R (1); swing L across in front of R (2); leap back onto L, swinging R out straight-legged to the L (3). OR jump onto R, swinging L out in front of L straight-legged (1); small leap onto L ft (&); small leap back onto R (2); leap back onto L, swinging R out in front of L (3).