

ZONARADIKOS
(Greece)

This dance is from Karoti, a village in Thrace. The name means "holding belts."

Pronunciation: Zoh-nah-rah-theeh-koh

Record: KEFI Records, #Ker-101-B. 45 rpm.

Rhythm: 6/8 - counted 1 (1,2,3); 2 (4,5,6)

Formation: Belt or hand hold, arms crossed R over L.

Meas

Pattern

TRAVELLING LOD

- 1 Jump to both ft (slightly apart (ct 1); hop on R ft (ct 2).
- 2 Step with L ft behind R ft (ct 1); hop on L ft (ct 2).
- 3 Step (almost a run) to ctr R,L (cts 1,2).
- 4 Jump to both ft (ct 1); hop on R ft (ct 2).
- 5 Moving bkwd step L, R (cts 1,2).
- 6 Moving bkwd step L (ct 1); hop on L ft (ct 2).
- 7 Step R (ct 1); bounce (leaning R)(ct 2).
- 8 Step L (ct 1); bounce (leaning L)(ct 2).

Repeat sequence.

Presented by Nikos Savvidis