



Zonaradikos

Greek

Ζωναράδικος

Music: Lambinouda 20 Greek Dances by Dora Stratou

Time: 2:30



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Begin with three basic steps, do with three *kato*, then three basic steps. At this point the line should straighten out. Follow with three *brosta*, three basic steps, three *kato*, three basic steps. Now do two *brosta*, followed by two basics and two *kato*.

Variations:

Kato - This is just the basic step with a squat replacing the last two step hops.

Brosta - Do the first four steps as a basic, then repeat those four steps starting on the left foot, do them once more starting on the right foot. Bring the left knee up and hit it with the left hand. Step back on the left foot, back on the right foot, back on the left foot and hop with right knee bent.

Translations:

Kato - Down

Brosta - forward

Piso - Back



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