**EPIROTIKA DANCE NOTES**

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(with help from Joe Graziosi)

These notes are not intended to teach the dances. Rather, they are intended to help remember the dances once one has learned the dance.

1)MIROLOI

A dirge or lament. Not danced.

2) ALISMONO KE HEROME

Listening music: not danced

3) SKIZO TO LEMONI/ ZALIZOME(3/4 -> 2/4) Hand hold

Sta Tria -> Sta DIo

\*4) KLEFTES I PALIOI (2/4) Hand hold

RLR, L,R , touch L to R, back LRL, touch R to L, step R coc, wrap L around R, back L, LRL, RLR, step L behind R, touch L to R

5) PAPINGO(3/4 -> 2/4)

Sta Tria -> Sta Dio

\*6) PALIOS BERATIS(3/4) Hand hold

RcL, RcL, lift R coc, back on R, lift L coc, back on L, RcL, R wrap L

\*7) TA MAYIA (3/4) Hand hold

Leap R on R, lift L in front of R, hook L around R, Leap L to R, lift R in front of L, hook R around L, Leap R on R, lift L in front of R, hook L around R, step L back, LcR, step L to L, feet together

Youtube address

h<https://www.youtube.com/watch?v=Q_qwz-ilPJU>

8) KSENITOMENA MOU POULIA(3/4 -> 2/4) Hand hold

Sta Tria -> Sta Dio

\*9) I PERDIKA(2/4) Hand hold (Partridge)

R. LRL, R, LRL, Step on Right – Lift L, Step L – Lift R, Lift R to L Knee

ALL LOD

Youtube address

<https://www.youtube.com/watch?v=cmLhsmRdotc>

10) OSMANDAKAS/ TSAKISTOS (4/4-> 2/4) Hand hold. Mostly men’s dance

Free Style, many squats, turns, etc.(4/4)

TSAKISTOS = Sta dio (2/4)

There is an example on Youtube at FDF2017 Advanced Seniors Final Round @ minute 16

\*11) VERGINADA (5/4) Hand hold

R, L together R, touch L to L, RcL, R, L together R, L touch L, L touch in front, step L together R, step R in front of L, R toe touch together

Some Basic Epirot dances

\*STA DIO(2/4) Hand hold

R, L behind R, R, LcR, R, L behind R

All LOD

\*STA TRIA(3/4) Hand hold

R,L,R,L,R lift L to R, step L, lift R to L

All LOD

\*TSAMIKOS(3/4) Hand hold

3x(RcL) lift L to R, step L back, LcR, lift R to L

LOD=Line of Direction RcL=right cross left LcR=left cross right coc=center of circle PDB-R= pas de baux Right PDB-L = pas de baux Left \*There is an example on Youtube