

EPIROTIKO TSAMIKO

SOURCE : The Tsamiko dance is common to Roumeli and Epirus, though being characterized by slower undulations and less leaping in Epirus. The suspension of legs and the pendulum swinging is more characteristic of Epirus than Roumeli and Peloponnesus.

3/8 W Hand Hold

PATTERN

Fig. A

- 1 Step R to R.
- 2-3 Bring L by R ankle.
- 4 Step L over R.
- 5-6 Point R diagonally forward.
(Do Fig. A twice).

Fig. B

- 1 Step R to R.
- 2-3 Lift L by R ankle.
- 4 Step L over R.
- 5-6 Squat and rise.

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Var. 2

- 1 Step R to R.
- 2 Step L over R.
- 3 Step heavily on R leaving L in place.
- 4 Step on R close behind L.
- 5 Step to L with L bringing R in front of L.
- 6 Quickly bring R behind L knee.