

Presented by David Henry

NIZÁMIKOS

BACKGROUND: The name, Nizámikos, is said to derive from the Turkish expression for an army arrayed for battle. I have been told that formerly in Macedonia, the leader would brandish a sword while dancing.

SOURCE: The Lykeion ton Ellinithon of Athens, Chalkis, and Drama, 1970-1974

RECORD: FKL3 (B4)

FORMATION: Men in lines, hands at shoulder height or on shoulders.

PATTERN

- Meas FIG I -Facing to R
- 1 Rock fwd on R (ct 1) rock bwd on L (ct 2) rock fwd on R (ct 3) lift L up in back (ct 4)
 - 2 Step on L across in front of R while pivoting to face center (ct 1) pause, lifting R up in back (ct 2) step twice in place R,L (cts 3-4)
 - 3 Jump on R in place (ct 1) hop on L kicking R out in front (ct 2) step twice in place (R,L)(Cts 3-4)
 - 4 Repeat meas 3

Variation on Fig I

Leader turns to R once each on meas 3 & 4

- FIG II -Facing ctr
- 1 Step on R across in front of L (ct 1) step on L across in back of R (ct 2) step on R to R but still in front of L (ct &) step on L across in back of R (ct 3) step on R to R (ct 4).
 - 2 Step on L across in front of R (ct 1) step on R in place (behind L) (Ct 2) step on L across in front of R (ct &) step on R in place (behind L)(Ct 3) step on L to L (ct 4)

FIG III

- 1 Repeat Fig II, meas 1
- 2 Hop on R (ct 1) step on L across in front of R (ct &) step on R in place (behind L)(ct 2) step on L across in front of R (ct &) step on R in place behind L (ct 3) step on L to L (ct 4)

FIG IV

- 1 Repeat Fig II, meas 1
- 2 Hop on R (ct 1) step on L in front of R (ct &) step on R in place behind L (ct 2) hop on R (ct 3) step on L to L (ct 4)