

ROVAS

Region: Epeiros
 Pronounced: ROH-vahs
 Translated: The name of a hero of Epeiros
 Source: Dimitrios Ziogas, Ioannina, 1980
 Music: 2/4 played by violin, clarinet, santouri, and laouto with vocalist
 Record: FolkThings TVDG-33-01
 Formation: Men and women dancing together, hands joined at shoulder height

Meas	Count	Movement
1	1	Touch RF in front of LF bending both knees
	2	Step on RF to the R
	3	Step on LF to the R
	4	Step on RF to the R
2	1	Touch LF in front of RF bending both knees
	2	Step on LF sideways to the L
	3	Touch RF in front of LF
	4	Touch RF fwd
3-4		Starting RF, seven walking steps to the R, touch LF beside RF
5-6		Reverse footwork and direction of 3-4
7	1	Hop on LF
	&	Step on RF fwd
	2	Step on LF across in back of RF
	&	Step on RF sideways to the R
	3	Hop on RF
	&	Step on LF fwd
	4	Step on RF sideways to R
	&	Step on LF in front of RF
8-10		Repeat meas 7 three times