

VARI HASSAPIKO

Characteristics: Slow, catlike steps with legs moving sharply and tensely. Body is bent slightly forward.

Formation: Chain dance, general movement is to the right, hands on shoulders, signals of impending steps are passed down the line by hand signals on the shoulders, therefore the line is not very long, usually about five men.

Time: 2/4

Steps:

- 1 Forward l.
- 2 Tap r. toe behind l.
- 1 Brush r. foot next to l. as you swing r. leg forward.
- 2 Hold leg out in front of you about shin height (leader may bring r. hand forward occasionally and brush r. foot sharply by sweeping hand across from l. to r.).
- 1, 2 Swing r. leg in an arc r. around and set it behind l. foot.
- 1 Step l. behind r. and pick up r. foot, crossing it in front of l. at the ankles sharply, at the same time.
- 2 Hold.
- 1 Step to right on r. foot.
- 2 Cross l. over r.
- 1 Step slightly back on r. foot, lifting l. slightly off the floor.
- 2 Hold.

A change of weight step is frequently performed as part of the basic step, after the hold position step as follows:

- 1 Step on l., lifting r. behind slightly off ground.
- 2 Step back on r., lifting left slightly off ground in front.

1 Spring on r. foot and swing l. f. out in front of r. at the same time.

2 Spring on l. foot and swing r. f. out in front of l. at the same time.

1 Step r.

2 Hop on r., crossing l. in front r. (make 2 short kicks)

1 Step l. back next to r.

2 Hop on l., crossing r. in front l. (make 2 short kicks)

1 Skip r. (backwards)

2 Skip l. (backwards)

1 Step r. slightly to right side, step l. in front of r.

2 Step in place r.

1 Step l. back next to r., step r. in front of l.

2 Step in place l.

1 Hop l.

2 Hop l.

1, 2 Step hop r. lifting l. leg behind r.

1, 2 Step hop l., lifting r. leg behind l.

This variation is performed by the leader only:

1 Skip r., step l. } (These steps are taken forward into
2 Step r., l. } the circle.)

1 Step r.

2 (Reel steps) Hop r., step l. behind r.

1 (Reel steps) Hop l., step r. behind l.

2 (Reel steps) Hop r., step l. behind r.

*Note: a skipping step to the right is performed as follows—
hop left, step on right.*

PETRIDES

JUMP CROSS STEP

Steps:

- 1,2 Jump feet apart.
- 1,2 Jump, cross l. foot over r.
 - 1 Slightly lift l. foot off the ground and stamp it, lifting r. off the ground behind l.
 - 2 Tap r. toe on ground behind l.
 - 1 Brush r. foot next to l. as you swing r. leg forward.
 - 2 Hold r. foot thrust out in front, slightly off the ground—straight-legged.
- 1,2 Circle r. behind l.
- 1,2 Circle l. behind r., holding r. in front of l. ankle.
 - 1 Side r.
 - 2 Cross l. over r.
- 1,2 Step back on r., hold l. in front of r. ankle.

FORWARD RUSH & SQUATS

- Finish basic (left foot should be off the ground).
- 1 Step forward l. with a slight stamp.
 - 2 Step forward r. with a slight stamp.
 - 1,2 Step forward l. with a slight stamp, going into a deep crouch and dragging behind, the r. foot up behind the l. foot.
 - 1 Swing r. foot out right oblique, about shin high, rising from squat.
 - 2 Swing r. foot down in front of, and touching, the l. ankle—going into squatting position.
 - 1 Rise from position and swing out r. foot again to a right oblique position, shin high.
 - 2 Swing r. leg around behind and touching ankle of l. foot, go down to a squatting position.
 - 1 Rise up again, swinging l. leg out to a left oblique position, shin high.
 - 2 Swing l. leg around behind r. ankle, touching it and slightly lifting r. foot off the ground while going into a semi-squat position.

- 1 Side r.
- 2 Cross over l.
- 1, 2 Step back onto r.

Steps:

The dance is usually started with one of several figures moving on each count, such as:

- I Standing with feet slightly apart and swaying from side to side slowly. Each movement gets 2 counts.
- II Side r.; together l.; side l.; together r.
- III Side r.; together l.; side r.; together l.; side l.; together r.; side r.; together l.; side l.; together r.; side l.; together r.; side r.; together l.; side l.; together r.
- IV Lift forefeet up and move them apart by turning on heels. Lift heels and move them apart by turning on toes. Lift heels and move them back together by turning on toes. Lift forefeet up and move them together by turning on heels.
- V Move to right. Turn on heel of l. foot and toe of r. foot (feet form inverted V); turn on toe of l. foot and heel of r. foot. (feet form V); turn on heel of l. foot and toe of r. foot (feet form inverted V); turn on toe to l. foot and heel of r. (feet form V). Move to left. Turn on heel of r. foot and toe of left foot; turn on toe of r. foot and heel of l. foot; turn on heel of r., foot and toe of l. foot; turn on toe of r. foot and heel of l. foot.
- VI Move to right, keeping feet together; turn on heels, then on toes; as you pivot, bend knees. When feet are set down, straighten up slightly.
- VII Lift forefeet up and move them apart by turning on heels. Lift heels and move them apart by turning on toes.

Lift forefeet up and move them together by turning on heels.

Lift heels and move them back together by turning on toes.

These steps are performed immediately after basic; sometimes in place of basic, as they fit the music.

PROP KICK

Steps:

- 1, 2 Step forward l.; pointing r. behind slightly off the ground.
- 1, 2 Jump onto r. foot, almost kicking l. foot, swinging l. foot forward pointing toe out in front slightly off ground.
- 1, 2 Arch l. foot around behind r., slightly lifting r. off the ground in front of l. ankle.
- 1 Step r. to right.
- 2 Cross l. over r.
- 1, 2 Step back on r., lifting l. ankle high in front of r.

DOUBLE CROSS STEP

- 1 Cross l. over r.
- 2 Side r.
- 1 Cross l. over r.
- 2 Circle r. around to cross over l.
- 1 Cross r. over l.
- 2 Side l.
- 1 Cross r over l.
- 2 Circle l. around to cross over r. or prepare for next figure.

SINGLE CROSS STEP

- 1 Cross l. over r.
- 2 Circle r to cross l.
- 1 Cross r. over l.
- 2 Circle l. to cross r.

These cross steps can also be done backwards; i.e., free foot is crossed behind instead of in front.

BALANCE CLOSE

Complete basic; (weight is on r. foot).

- 1 Cross l. over r. slightly lifting r.
- 2 Step back onto r. lifting l.
- 1 Circle l. around behind r.
- 2 Slide r. next to l. (to close).

PETRIDES

KARSILAMAS

(*Antikristos*)

This dance stems from an ancient Greek Pyrrhic dance, the vestiges of which were preserved by the Byzantines. The dance was popular on both sides of the Marmara around Constantinople. When the Turks conquered the area, the dance was adopted by them with modifications; it lost its warlike characteristics and gained those of a love-dance. In Constantinople where "social" dancing was confined mainly to women, the dance was performed for the most part in the home, and was called Panokato Horo, because of its counterbalancing, and up and down movement.

The dancers, generally speaking, move opposite to each other. As the dancers face each other, if one moves to the right the other does likewise; if one goes out, the other goes out; if one comes in, the other comes in. The same is done with circling movements, turns, etc. One is always counterbalancing the other. The term *Karsilamas* means face to face. Hence, the present-day Greek equivalent, *Antikrēsto*. Although the predominant time signature for the dance is 9/8, other 4 and 3 accented rhythms are used. This dance is also performed in the islands off the west coast of Turkey and Cyprus.