

Name: **Pentozali**
Origin: **Greece**

Source: **Asteria Home Page**

Description:

Begin with the slow pentozale step, do ten repetitions. Switch to fast step. The circle goes around until facing the audience, then straightens out. Dancers divide into groups of three and move forward with 6 pony steps. Once in position, begin other version of the fast pentozale. Variations are called by the leader at that point.

Slow pentozale - Step on right bring left foot forward, step on it, bending left knee and bringing right foot forward to meet left. Touch the toe of the right foot. Step back on the right. Step behind right foot with the left. Step to the right on the right foot, bring left foot next to right.

Fast step - Step on right, kick left; step on left kick right. Switch so that weight is on the right foot and left toe touches in front of right (1 beat). Step left on left foot, pony step with right in front of left.(3 beats) Step to the right on the right foot, behind it with the left and begin again.

Fast step (2) - Step forward on left foot, hop on it bending right knee. Switch so that weight is on the right foot and left foot is touching front of right ankle; kick left foot. Pony step starting left, pony step starting right. This step is done in place.

Variations:

Strofi - The groups of three make a 360o turn while doing the basic step. (Person on the right reverses the step, person on the left travels forward with it, center person spins in place.)

Psalidi - Do the first four steps as normal up until the kick with left foot. Switch feet four times. Begin basic step.

Translations: Strofi - Turn / Psalidi – Scissors

Name: Pentozalis

Origin: Greece

Source: Recreational Folk Dancing

Short lines, arms in shoulder hold. Meter 4/4.

Pentozalis has a number of different steps that can be done, with the leader calling the steps. These are some of the more common ones.

Description:

Measure Count Step

Basic

- | | | |
|---|-----|--|
| 0 | 4 | Hop on R foot (4). |
| 1 | 1-4 | Step forward on L foot (1), hop on L foot (2), step back on R foot (3), step on L foot to L (4), step on R foot in front of L foot (&). |
| 2 | 1-4 | Step on L foot in place (1), step on R foot next to L foot (2), step on L foot in front of R foot (&), step on R foot in place (3), hop on R foot (4). |

Repeat measures 1-2 until leader calls another step.

Travel

- | | | |
|---|-----|--|
| 1 | | Repeat measure 1 of Basic. |
| 2 | 1-4 | Step on L foot in place (1), step on R foot to R (2), step on L foot behind R foot (&), step on R foot to R (3) hop on R foot (4). |

Repeat measures 1-2 until leader calls

another step.

Scissors

- 1 Repeat measure 1 of Basic.
- 2 1-4 Step on L foot in place while kicking R leg forward with straight leg (1), bring R foot back next to L foot, while kicking L leg forward with straight leg (2), bring L foot back next to L foot, while kicking R leg forward with straight leg (&), bring R foot back next to L foot, while kicking L leg forward with straight leg (3), hop on R foot (4).
- Repeat measures 1-2 until leader calls another step.

Double Scissors

- 1 1-3 Repeat counts 1-3 of measure 1 of Basic.
- 1 4 Step on L foot next to R foot while kicking R foot forward with straight leg (4), bring R foot back next to L foot while kicking L foot forward with straight leg (&).
- 2 1-4 Bring L foot back next to R foot while kicking R leg forward with straight leg (1), bring R foot back next to L foot, while kicking L leg forward with straight leg (2), bring L foot back next to L foot, while kicking R leg forward with straight leg (&), bring R foot back next to L foot, while kicking L leg forward with straight leg (3), hop on R foot (4).
- Repeat measures 1-2 until leader calls another step.

Slap

- 1 Repeat measure 1 of Basic.

- 2 1-4 Step on L foot next to R foot (1), leap onto R foot next to L foot (2), slap L foot forward (3), hop on R foot (4).

Repeat measures 1-2 until leader calls another step.

Double Slap

- 1 1-3 Repeat counts 1-3 of measure 1 of Basic.

4 leap onto L foot next to R foot, while lifting straight R leg forward (4).

- 2 1-4 Slap R foot forward (1), leap onto R foot next to L foot while lifting straight L leg forward (2), slap L foot forward (3), hop on R foot (4).

Repeat measures 1-2 until leader calls another step.