

Name: **Sta Tria**

Origin: **Greece**

Source: **Asteria Home Page**

Description:

Begin in a chain, back to front. Do four steps of "train step".

Then 2 basic steps,

strofi,

2 basic steps,

kato, ,

2 basic steps,

strofi kato,

2 basic steps,

2 kerkira steps, 1 kerkira with strofi, 2 kerkira ,

1 basic step,

3 gonato,

1 basic step,

3 piso ,

1 basic step, and back to train.

Variations:

Treno - Train step - Step to the right on right foot left foot comes close to right, switch weight to left foot and back to right foot. Now step to left on left foot. right foot comes close to left, switch weight to right foot then to left foot.

Strofi - Forward turn

Kato - On third and sixth beat (right before kick) squat.

Strofi kato - Combine Strofi and kato

Kerkira - Begin as normal, on third beat, right foot comes in front of left, toe touch, then bring right foot behind left, step on it. Step to the left on the left foot, right foot circles around until right leg is crossed over left leg. Body leans to the right.

Kerkira with strofi - Turn on first two beats, continue as above.

Gonato Finish a basic, instead of putting right foot down to continue, bend right knee and tuck right foot in left "kneepit"

Piso At the end of basic, Step on right as usual, then step on left foot behind right foot, step to the right on right foot, then step on left in front of right foot, kick right.

Translations:

Treno - Train

Strofi - Turn

Kato - Down

Gonato - Knee

Piso - Back