

Zagorisios

Origin: Epiros, Greece

Record: Music Box "45", 451 or 325, "Konstantas" T'Aidonia LP #1, "Zagorisios" Folkraft LP -6

Formation: Mixed lines with hands joined in "W" pos

Source: John Pappas

Note: This is a dance from the Zagori area of Epiros in northwestern Greece. The name means a "dance from Zagori." The Zagorisios is a "slow, heavy, and stately manly dance of *Epiros." (V. Papahristos). It is mainly danced to a tune call Konstantas. There are other melodies for the dance also. Although it seems to be a dance for men, it seems that, like the Tsamiko, women do the dance also.

Bibliography: Elliniki Hori, V. Papahristos (Athens, 1960).
Greek Folk Dances, M. Vouras & R. Holden, (New Jersey, 1965).

Style: Characteristics: Like most dances of Epiros, the movements are generally slow and stately. The feeling is proud and the dance should reflect this in the style of the dancers. There is a tension in the movements -- this is not to say they are stiff and jerky! The movements should be slow and fluid, but controlled at all times. Rather than moving immediately there is usually a slight delay to each movement.

Meter: 5/4

Begins at the start of any musical phrase.

Meas.	Ct.	
1	1	Raise L in front of R.
	2	Move L ft slightly to L (swinging from knee).
	3	Step across in front of R on L.
	4	Touch R next to L facing LOD, (or) Slightly raise R ft (ankle height of L leg).
	5	Pause.
2	1	Step to R on R.
	2	Step across in front of R on L.
	3	Step to R on R.
	4	Step across in front of R on L.
	5	Pause (beginning to turn to face ctr).
3	1	Swing R ft around to the front of L.
	2	Move R ft slightly to R.
	3	Step back on R.
	4	Raise L ft to height of R knee in front of R knee.
	5	Pause,
4	1	Step to L on L.
	2	Step across in front of L on R.
	3	Step to L on L.
	4	Step on R next to L (slight stamp).
	5	Pause, raising L slightly.

VARIATIONS:

In meas 3, swing L ft behind R leg on ct 4.

In meas 4, step behind instead of in front on ct 2.

On 4th ct of each meas, M can do a squat.

(In meas 1 (ct 1), raise L leg so that knee is high (leg bent), and (step on L ft in place (ct 3).

Men only

(In meas 2 (ct 1), raise R leg so that knee is high (leg bent), and (step on R ft in place (ct 3).