

Siko Horepse!

拍數: 108 牆數: 1 級數: Phrased Intermediate
編舞者: Daniel Chen (AUS) - July 2015
音樂: Maria Me Ta Kitrina - Dimitra Galani



This is a line dance with steps based on Greek dances.

More information about the steps, arms, and those Greek dance steps are provided later in the Technical Notes.

SEQUENCE: □ABBCB, ABBCB, BB

INTRO: 4 Counts (Counting slowly, at 78 beats/min. **See note in Technical Notes)

PART A – 22 Counts

A1. □SIGANOS (Arms out at shoulder level)

1-2 Step R foot to side, tap L foot next to R
3-4 Step L foot forward, tap R foot next to L
5-6 Step R foot back, tap L next to R
7-8 Step L foot to side, tap R foot next to L

A2. □SIGANOS (Arms out at shoulder level)

1-2 Step R foot to side, tap L foot next to R
3-4 Step L foot forward, tap R foot next to L
5-6 Step R foot back, tap L next to R
7-8 Step L foot to side, tap R foot next to L

A3. □SIDE STEP, TAP (Arms out at shoulder level)

1-2 Step R foot to side, tap L foot next to R

A4. □PONTIAN STOMPS (Arms high, shakes optional)

1-2 Stomp L foot, stomp R foot
3&4& Stomp L foot, stomp R foot, stomp L foot, stomp R foot and lower arms

PART B – 20 Counts □

B1. □RODITIKO (W-shape arms, shoulder level)

1 Quickly brush ball of L foot on floor in front and ronde back
2&3 Step L foot behind R, step R foot to R, step L foot across R and turn 1/8 to L
4&5 Step R across L, step L to side, step R across L
6&7 Step L behind R, step R foot to R and turn 1/8 to L, step L across R
8 Step R firmly next to L.

B2. □RODITIKO (W-shape arms, shoulder level)

1 Quickly brush ball of L foot on floor in front and ronde back
2&3 Step L foot behind R, step R foot to R, step L foot across R and turn 1/8 to L
4&5 Step R across L, step L to side, step R across L
6&7 Step L behind R, step R foot to R and turn 1/8 to L, step L across R
8 Step R firmly next to L.

B3. □PONTIAN STOMPS (Arms up, shakes optional)

1-2 Stomp L foot, stomp R foot
3&4& Stomp L foot, stomp R foot, stomp L foot, stomp R foot and lower arms.

PART C – 26 Counts □

C1. □PENTOZALI (Arms stretched out to sides at shoulder level)

- 1& Kick L foot across R while R foot skips in place, step L next to R and lift R foot off floor
 2& Kick R foot across L, step R foot next to L and at the same time either lift L foot off floor or kick L foot across R
 3a& Step L next to R, rock R across L, recover onto L
 4a& Step R to side, rock L across R, recover onto R

C2 to C6. □PENTOZALI (same as C1)

C7. □TWO STOMPS (Arms up, shakes optional)

- 1-2 Stomp L foot, stomp R foot

TECHNICAL NOTES

This is a line dance and therefore should be danced in a straight line and not in a circle. This has the advantage that all the dancers are always facing the audience. Holding hands, or shoulders, is optional and should be used by experienced Greek dancers.

Arms should be in a "W-shape" at shoulder level for the Roditiko, "V-shape" and high above head when dancing the PONTIAN STOMPS, or extended out for the PENTOZALI's Shoulder Hold.

If holding shoulders, then follow these instructions to avoid problems and potential injury. Dancers should stand next to others who have similar height. The right arm should be placed so that the hand goes on the shoulder of the next dancer from behind, and the left arm from in front.

If holding hands with the W-shape Hold, each dancer should have the right palm up and the left palm down for holding, elbows down but hands at shoulder or chest level. Those at the ends can put their free arms at the back of waist, palms facing out. This method makes it easier and more natural when bodies have to turn quickly (as in the Roditiko).

Dances. The following Youtube video should help to show the characteristics of the dance steps and how they should look. The beginning of the dance usually shows the basic steps that are included in this line dance.

Siganos is often danced before Pentozali in the same dance. Both are from Crete. This line dance only uses the basic steps of these Greek dances.

<https://www.youtube.com/watch?v=IHVBZqL0FqI>

<https://www.youtube.com/watch?v=JutXpBqu5T8>

Pyrrhic is from Pontos. Note how dancers bounce with their knees, and shake their bodies when stomping. This, as well as the highly raised arms, is a character of Pontian dances.

<https://www.youtube.com/watch?v=naXv9AgKWLw>

Roditiko is a lively dance from Rhodes. There are different versions of the steps. A simpler and easier one, as shown in the first video, can also be used.

<https://www.youtube.com/watch?v=b8ssrsq9N9Q>

<https://www.youtube.com/watch?v=u41tKrYJw80>

Pentozali is from Crete is a very energetic and well known Greek dance. The little skip of the R foot on Count 1 is very important and so are the snappy kicks or feet movement for a more authentic flavour of this special dance. The 2 triple steps at the end can be done by stepping in place (easier), or optionally, by stepping one foot in front of the other.

<https://www.youtube.com/watch?v=XAf1EFdOFWw>

<https://www.youtube.com/watch?v=2uCIJiNt-vg>

****Counting.** Greek dance steps are usually counted by the steps, regardless of the timing, 1, 2, 3, and so on up to 16 sometimes. Being a line dance, a slower counting, from 1 to only 8, is used here, together with & and ah counts to denote quicker steps. Greek dancers should just dance on based on the rhythm, if this description is too confusing. The two triple steps at the end of the Pentozali (Count 3a& and 4a&) are each done over one Count of music. The "a" or "ah" splits a half-count (denoted by an "&"), so it has a duration of ¼ of a count.

MP3:

<http://www.music-bazaar.com/greek-music/album/916744/I-HRISI-DEKAETIA-TOU-%CE%8470-CD1/>

Contact: dkchen1058@gmail.com

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