

Podaraki

Dance : Greek, from Monastiri in E. Romylia.


Learnt from : Pavlos Litoudis 2016, in Giannitsa, Macedonia, Greece.

About the Music : From workshop CD. Song title is "Mpate koritsia stu choro".

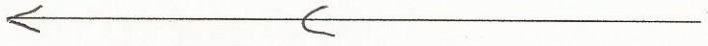
Formation : Open circle or line. Arms : V-hold.

Introduction : Start with musical phrase.

A) Start facing to R





fR, fL, fR, fL, fR, [stampfL] x 2, pause
moving foot forwards turning to face L
 1 2 3 4 5 6 7 8



fL, fR, fL, fR, fL, [stampfR] x 2, pause
moving foot forwards turning to face R to repeat A)
 1 2 3 4 5 6 7 8
 Repeat A)

B) Facing centre, but twisting slightly to R and L.



sR, stampL, sL, stampR, sR, [stampfL] x 2, pause,
 1 2 3 4 5 6 7 8


sL, stampR, sR, stampL, sL, [stampfR] x 2, pause,
 1 2 3 4 5 6 7 8
 Repeat B)


Variation 1.


Replace every double stamp with a single stamp, preceded by a subtle lift.

Hence instead of [stampfL] x 2, or [stampfR] x 2,

Do **Lift L, stampfL,** or **Lift R, stampfR,**
v. small lift v. small lift
 6 7 6 7

Variation 2. Alternative to part A) Start facing centre.



sR, Lxb, sR, Lxb, sR, [stampfL] x 2, pause
moving foot forwards turning to face centre
 1 2 3 4 5 6 7 8


sL, Rxb, sL, Rxb, sL, [stampfR] x 2, pause
moving foot forwards turning to face centre to repeat A)
 1 2 3 4 5 6 7 8
 Repeat Alternative A)