

## **Pogonissio Kofto (Greece)**

a Sta Dhio (R side, L behind, R side, L cross in front, R side, L cross in front - all in a slow, quick, quick rhythm), with a 'cut' every other time, ie touch with the right foot ready to start again. Kofto means 'cut' in Greek.

Pogonissio and Pogonishte (Albanian) are usually the same dance pattern as a basic Sta Dhio. Sta Dhio is often used as a part of more complex Greek and Albanian dances, eg Valle Kossavare, the Albanian danced at Lammas (Celtic harvest festival) where there is the 'apple picking' movement. That dance starts with 8 Sta Dhio sequences.

There are variants of the basic Sta Dhio too, starting with the left foot, etc. 'Dhio' is 'two' in Greek. Sta Dhio means 'in two', referring to the two measure dance pattern.

Adrian Pointon