Palamakia (Pah-lah-MAH-kyah) is a dance from Epirus in Northern Greece, and the name means "Hand clapping." It was introduced by Dennis Boxell at the 1967 University of the Pacific Folk Dance Camp at Stockton.

**MUSIC:**
Record: Colonial LP 245 Side B, Band 2

**FORMATION:** Single circle of dancers facing ctr with hands joined at shoulder height.

**STEPS AND STYLING:**
Walk, light and springy.

The steps of each meas are slow, quick, quick.

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**MUSIC 4/4**

<table>
<thead>
<tr>
<th>Measures</th>
<th>Pattern</th>
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<td>3 quick notes</td>
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**I. SYRTOS**

1. Facing ctr, step sdwd R to R (cts 1, 2), step L across in back of R (ct 3); turning to face slightly R, step fwd R (ct 4). (The result is S, Q, Q.)
4. Step bkwd L (cts 1, 2), step and rock bkwd R (ct 3), step and rock fwd L (ct 4).
5-16 Repeat action of meas 1-4 three more times (four in all).

**II. STAMP AND CLAP**

17. Facing ctr, walk fwd R (cts 1, 2), and L (cts 3, 4).
18. Stamp in place R, L, R (cts 1, 2, 3), hold (ct 4).
19. Walk bkwd L (cts 1, 2), and R (cts 3, 4).
20. Close L to R, release hand hold and clap three times (cts 1, 2, 3), hold (ct 4). Rejoin hand hold.

**A 1-8**
Repeat action of Fig. I, meas 1-4, two times.

**B 17-20**
Repeat action of Fig. II, meas 17-20.

**A 1-8**
Repeat action of Fig. I, meas 1-4, two times.

**B 17-20**
Repeat action of Fig. II, meas 17-20.

**A 1-8**
Repeat action of Fig. I, meas 1-4, two times.

KOFTOS follows and continues to end of record.