

## Zagorísios

Greece (Épiros)

Zagorísios (zah-goh-REE-see-ohs) is a dance from the villages of the region of Zagóri, located north of the city of Ioannina in Épiros. The isolation of the area served the inhabitants well during the Ottoman occupation, when both Greeks and Vlachs developed a mixed economy based on emigrant traders, muleteers and herdsman. The dance belongs to the group of Tsámikos-type dances that includes Kléftes and Berátis. The many songs to which Zagorísios is danced are always played in 5/4 meter, a rhythm found in ancient Greek poetry and music. The dance is traditionally for men, but women now dance it too; in some villages men and women dance in separate lines. The description here is based on notes by John Pappas, who taught the dance at Stockton Folk Dance Camp ('71 & '76), Kolo Festival ('66 & '76) and Mendocino Folklore Camp ('76, '94 & '01), and by Joe Graziosi (MFL '86 and SFDC '89). Épirot musicians often follow Zagorísios with another dance, usually Sta Dyo (Pogonísios), sometimes Tsámiko. They sometimes insert without interruption a brief segment of music in 3/4 meter known as Tsakistós (tsakisma means break). Steps for Tsakistós are described in Figure III below.

- Music: LP: Folkraft LP-6, Greek Folk Dances, Side A/2.  
Cassettes: John Pappas (Kalákos Band): Elliniki Hori #3, Side B/4 (O Kostandas);  
Joe Graziosi: MFL '86, Side A/3; also, Summer of '87.
- Rhythm: Meter = 5/4 = 1/4 + 1/4 + 1/4 + 1/4 + 1/4, counted here as 1, 2, 3, 4, 5.
- Formation: Open circle facing center, hands joined in W-pos with leader on the right. If women are separate, the first woman may join R hand with L hand of last man.
- Styling: Like many dances of Épiros, Zagorísios is very fluid in style; the feeling is proud and movements are controlled. Men may raise the free leg so that the thigh is parallel to the ground, keeping the swinging foot close to the supporting leg. There are many pauses, as in the Tsámikos. Women's style is more subdued than that of men.

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Measure	5/4 meter	PATTERN
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INTRODUCTION. Begin with musical phrase at the choice of the leader.

### I. BASIC ZAGORÍSIOS

- 1 Facing ctr with wt on R ft, raise L ft in front of R to ankle height or higher (ct 1); swing L leg slightly to L (ct 2); turning body to face diag R of ctr, step on L across in front of R (ct 3); touch R ft beside L or raise R ft to ankle or calf height behind L leg (ct 4); hold (ct 5).
- 2 Facing diag R of ctr, step on R in LOD (ct 1); step on L across in front of R (ct 2); step on R in LOD (ct 3); step on L across in front of R (ct 4); pause, beginning CCW turn to face ctr (ct 5).
- 3 Complete turn to face ctr, swinging R ft CCW around in front of L ft (ct 1); swing R ft back slightly to R (ct 2); step back on R (ct 3); touch L ft slightly fwd or raise L ft in front of and to height of R knee (ct 4); hold (ct 5).
- 4 Moving in RLOD, step on L to L (ct 1); step on R behind L (ct 2); step on L to L (ct 3); step on R in front of L (ct 4); raise L ft slightly beside R (ct 5).

## II. ZAGORÍSIOS VARIATIONS

### Measure

The leader (only) may make rapid turns in place or three step turns during meas 2 while moving in LOD or during meas 4 while moving in RLOD.

any Leader may slap free R ft with R hand.

Individual dancers may dance variations, including, but not limited to:

1 Facing ctr, step on L to L (ct 1); step back on R (ct 2);.....

1 (M only) Raise bent L knee high (ct 1); hold (ct 2); step on L in place (ct 3); .....

1 .....; (M only) hook R ft behind L calf (ct 4); hold (ct 5).

3 Swing R around and step on it in front of L (ct 1); rock back onto L (ct 2); swing R around and step on it just behind L (ct 3); raise L and swing (or hook) it around and next to R leg (ct 4); hold (ct 5).

3 .....; touch L ft fwd (ct 4); raise L (ct 5).

4 .....; step on R in front of L (ct 2);.....

any .....; (M only) leader and nearby dancers squat (ct 4); rise (ct 5).

SEQUENCE: Dance Fig I until the end of the Zagorísios music, inserting Fig II variations at will.

## III. TSAKISTÓS

Music: J. Graziosi: Summer '87; Greek Dances Japan #2, 8/90 (Palio Zagorísios); 3/4 meter

Measure: The following one measure patterns may be danced alone or interchangeably for the duration of the Tsákistos music.

a Facing ctr, step on R to R (ct 1); swing L across in front of R (ct 2); leap back onto L, swinging R out straight-legged fwd to the L (ct 3).

b Facing ctr, leap onto R, swinging L out in front of R straight-legged (ct 1); small leap onto L (ct &); small leap back onto R (ct 2); leap back onto L, swinging R out in front of L (ct 3).