

THE NAME OF THE DANCE	Armatsuk (Αρματσούκ)
THE TITLE OF THE SONG	-
REGION	Kars (Pontos)
RYTHM	7/... {(2+2)+3}
HAND-HOLDING *	W
DIRECTION	Right
DANCERS	Men & woman

A rare dance of the Greeks in the area of Kars. Though we separate the different areas of Greece still these areas have different dances from a village to village or from a group of villages. "Armatsuk" is one of these dances which is known only in a part of the area of Kars.

THE NAME OF THE DANCE	Katerino (Κατερίνω)
THE TITLE OF THE SONG	-
REGION	Rumluki - Macedonia
RYTHM	11/... {(2+2)+3+(2+2)}2/....
HAND-HOLDING *	V ... W
DIRECTION	Right
DANCERS	Woman

This dance belongs to the family of women's dances of Rumluki, the area between the major cities of Central Macedonia, Thessaloniki and Veroia. These dances are always started with slower rhythm and end up with faster. Always as well their names are women names and have specific songs and melodies.

explanation: **W** = arms bend at elbows **V** = arms down **Λ** = arms high
T = arms hold from the shoulders **X** = crossing arms
Γ = one arm hold from the shoulder one in a W position