

THE NAME OF THE DANCE	Baituska (Μπαϊτούσκα)
THE TITLE OF THE SONG	“Pos ti trivun to piperi” (Πώς το τρίβουν το πιπέρι)
REGION	Kosti ~ Thraki
RYTHM	5/... (3+2)
HAND-HOLDING *	W
DIRECTION	Right & left
DANCERS	Men & woman

“Baituska” is a well known dance all over Thraki and Macedonia. As it is a popular dance has many variations like this one from Kosti at the North-East part of Thraki.

THE NAME OF THE DANCE	Syrtos (Συρτός)
THE TITLE OF THE SONG	“Valantosa manula mu” (Βαλάντωση μανούλα μου)
REGION	Pentalofos ~ Thraki
RYTHM	7/... (3+2+2)
HAND-HOLDING *	W
DIRECTION	Right
DANCERS	Men & woman

Even more from Baituska, Syrtos is far the most popular dance of Greeks! Of course we have many variations including this one from Thraki.

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