

THE NAME OF THE DANCE	Berati (Μπεράτι)
THE TITLE OF THE SONG	-
REGION	North Ipiros
RYTHM	8/....
HAND-HOLDING *	W
DIRECTION	Right & Left
DANCERS	Men

Berati is a town at the north part of Ipiros which actually is the south of Albania. Many characteristic melodies from this area have the rhythm of eight, rare for the most of other Greek traditional melodies. Under the name Berati we can find many dances, this specific one is the only danced on the circle.

THE NAME OF THE DANCE	Nikolos (Νικολός)
THE TITLE OF THE SONG	“Nikolos” (Νικολός)
REGION	Siatista ~ Macedonia
RYTHM	7/...(3+2+2) & 2/...
HAND-HOLDING *	Γ Γ
DIRECTION	Right-left, in place
DANCERS	Women

A unique song for a unique dance. I believe it became a tradition for the town of Siatista at the west of Macedonia only a few decades ago though the song is older.

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

## **BERATI**

Region: N. Ipiros

### **W hold:**

1. **Facing center:** Lift R foot twice (men high, women low)
2. **To LOD:** Walk R, L, touch R next to L and hold.
3. Walk R, L, R, lift L twice, step backward with L, R and lift L once, stepping back onto L & raising R toe slightly.
4. Step R to side and L toward center.

*Note: see Camp DVD for man's slapping part*

## **BOGH DANOS**

Region: Monastiri, N. Thrace

### **W hold (shaking):**

1. **Facing center:** Raise up on L heel (*on the "&"*), step R to R side, L behind R, R to R side, lift L. Step L forward, lift R next to L.

*Note: this part is done when there is singing.*

2. **Instrumental section:** R to R side, L behind, RLR in place keeping feet flat, LRL to R diagonal keeping feet flat.

**Note on arms:** in forward W formation, they swing up on the "&" and back on "1" in both parts.

## **TIK**

Region: Sogho'natoy

### **W hold (standing very close together in the circle):**

*Note: Kyriakos used cues "more down, less down" to describe the bending of the knees during this dance .....*

1. **Facing center:** R ("*more down*"), step lightly on L, step R ("*less down*"); ..... *this is counts "1 & 2"*  
Repeat with L,R,L; repeat with R,L,R; repeat with L,R,L moving forward toward center;
2. Step R to R side, step L behind.