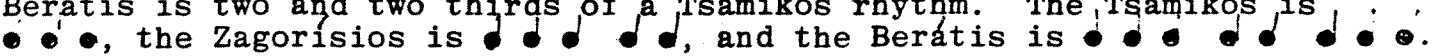
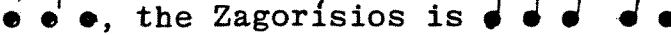



BERATIS  
(Épiros, Greece)












The Berátis is done in Épiros. The name refers to the town of Berátis in northern Épiros (now part of Albania). It is similar to Tsamikos, both in music and style. It is for men only, unlike the Tsamikos which has become Pan-Hellenic and is now done, by women also. There is also a similarity to the Zagorisios from Épiros. In fact, rhythmically the Zagorisios is one and two thirds of a Tsamikos rhythm and Berátis is two and two thirds of a Tsamikos rhythm. The Tsamikos is , the Zagorisios is , and the Berátis is .

Record: EMI-Regal LP 14C 034-70760 Side A/7 8/4 meter

Rhythm: 8/4:  3-2-3.

Formation: Men in a broken circle with hands joined at shldr level, elbows bent and down.

Styling: Like many of the dances of Épiros, the Berátis is very fluid in style. It has many pauses and smooth swings of the free ft. The rhythm is difficult for some, but it is this 8/4 meter that makes the dance so enjoyable.

<u>Meas</u>	<u>Cts</u>	<u>Pattern</u>
1		With wt on L ft, step back on R ft, swing L ft back and then in front of R.
		Step on L ft in front of R to face LOD.
		Touch R ft next to L, R knee bent (or lift R ft next to L calf with R knee bent).
		Step to R on R ft.
		Step across in front of R on L ft.
		Step to R on R ft.
2		Turning to face ctr, step on L ft in front of R.
		Swing R ft in front of L; R knee is bent.
		Swing R ft behind L.
		Step back on R ft.
		Step to L on L ft (or diag back to L). You can leap or fall onto the L ft with a flexed L knee instead of merely stepping.

Note: Sometimes at the end, the musicians change to a Pogonisios.