

BERÁTIS — Epirus

Μεράτης

(Line dance, no partners)

Translation: Beráti, also called Antipatría (now Berat, Albania), is a town in northern Epirus.
Rhythm: 8/4 (♩ ♩ ♩) counted 1-2, 3-4-5, 6-7-8.

Starting Position: "W" formation. Right foot free.



Measure

- 1 ♩ CROSS AND STEP on RIGHT foot in BACK of left (count 1),
♩ With left foot across in front of right ankle, left knee bent, KICK LEFT foot FORWARD slightly, straightening left knee then bending it again to resume same position (counts 2-and),
♩ Straighten left knee and ROCK FORWARD on LEFT foot (count 3),
♩ Bend right knee forward and CURL RIGHT FOOT around left calf (count 4);
- PAUSE (count 5),
♩ A slight LEAP SIDEWARD RIGHT on ball of right foot (count 6),
♩ CROSS AND STEP on LEFT foot in FRONT of right (count 7),
♩ A slight LEAP SIDEWARD RIGHT on ball of right foot (count 8).
- 2 ♩ CROSS AND STEP on LEFT foot in FRONT of right (count 1),
♩ SWING RIGHT foot around in a small outward arc and across in front of left, bending right knee (count 2),
♩ SWING RIGHT foot around to BACK, bending right knee forward, and CURL RIGHT FOOT around left calf (count 3),
PAUSE (counts 4-5),
♩ ROCK BACK on RIGHT foot extending left leg slightly forward (count 6),
PAUSE (count 7),
♩ A slight LEAP SIDEWARD LEFT on left foot (count 8).

Note: The Greeks usually listen to the music awhile and get into the dance initially on count 6 of measure 1.