

Podaraki
(Thrace, Eastern Romylia)

This is a description of the dance as presented by Dennis Boxell at a workshop in Winona, MN on April 16, 2005, sponsored by the Winona International Folk Dancers.

Formation: Semi-circle, hold hands in V-pos

Music: Dennis Boxell CD "Balkan Dances 2004 with Dennis Boxell," track 3

Meter: 4/4

Meas

Pattern

Introduction: 6 meas no action

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|-----|---|
| 1 | Facing ctr and wt on L, step on R in place (ct 1); tap L heel beside R (ct &); step on L in place (ct 2); tap R heel beside L (ct &); step on R in place (ct 3); swing L fwd, brushing heel on ground and keeping ft low (ct &); slap L fwd (ct 4). |
| 2 | Repeat meas 1 with opp ftwk. |
| 3 | Step on R to R (ct 1); step on L behind R (ct &); step on R to R (ct 2); step on L behind R (ct &); step on R to R (ct 3); swing L fwd, brushing heel on ground and keeping ft low (ct &); stap L fwd (ct 4). |
| 4 | Repeat meas 3 with opp ftwk and direction. |
| 5-6 | Repeat meas 3-4. |

Notes by Dan Garvin.

Additional Information:

This CD saw the introduction of the Thracian "Podaraki" by Thymios Gogidis. Thrace: a historical and geographic area in southeast Europe. The areas it comprises are southeastern Bulgaria (Northern Thrace), northeastern Greece (Western Thrace), and the European part of Turkey (Eastern Thrace).

Presented at DCFF 2012 by Caren Grantz Keljik