

# KOZANI-GREVENA

(Information on the dances from Kyriakos and Rena)

THE NAME OF THE DANCE	<b>Ο Yiannis ο Maragkianos</b> <b>(Ο Γιάννης ο Μαραγκιανός)</b>
THE TITLE OF THE SONG	Ο Yiannis ο Maragkianos
VILLAGE	Krokos of Kozani
RYTHM	7/...(2+2+3)
HAND-HOLDING *	W
DIRECTION	Right
DANCERS	Women

THE NAME OF THE DANCE	<b>Tsamikos</b> <b>(Τσάμικος)</b>
THE TITLE OF THE SONG	Liventis ise matia mou (Λιβέντις είσι μάτια μου)
VILLAGE	Krokos of Kozani
RYTHM	3/...
HAND-HOLDING *	W
DIRECTION	Right-left
DANCERS	Women-men

THE NAME OF THE DANCE	<b>Maes</b> <b>(Μάης)</b>
THE TITLE OF THE SONG	"Maes"
VILLAGE	Vlasti of Kozani
RYTHM	4/...
HAND-HOLDING *	W
DIRECTION	Right
DANCERS	Women-men

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

**IN-OUT** = dancers first move to the center of the circle and then the opposite

THE NAME OF THE DANCE	<b>Ο Panayiotis sta vouna</b> <b>(Ο Παναγιώτης στα βουνά)</b>
THE TITLE OF THE SONG	"Ο Panayiotis sta vouna"
VILLAGE	Sarakena of Grevena
RYTHM	11/... {(2+2)+3+(2+2)}
HAND-HOLDING *	V...W...V...W
DIRECTION	Right - in/out
DANCERS	Women

THE NAME OF THE DANCE	<b>Sygekathistos</b> <b>(Συγκαθιστός)</b>
THE TITLE OF THE SONG	"Gkioumia" (Γκιούμια)
VILLAGE	Grevena - Kozani
RYTHM	8/...(3+2+3)
HAND-HOLDING *	Free
DIRECTION	Right-left & free
DANCERS	Men & women

*\* The above information been provided from Rena and Kyriakos to all participants of EEFCs webinar as additional information for personal use only.*

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**IN-OUT** = dancers first move to the center of the circle and then the opposite