

## West Thrace

THE NAME OF THE DANCE	Zonaradhikos (Ζωναραδικος)
THE TITLE OF THE SONG	Various
VILLAGE	Metaxades
RYTHM	6/...(3+3)
HAND-HOLDING *	XX
DIRECTION	right & in/out
DANCERS	men & women

THE NAME OF THE DANCE	Dafno (Δάφνω)
THE TITLE OF THE SONG	Dafno
VILLAGE	Hemonio (Arvanites)
RYTHM	9/...(2+2+2+3)
HAND-HOLDING *	W
DIRECTION	right
DANCERS	men & women

THE NAME OF THE DANCE	Drista (Ντρίστα)
THE TITLE OF THE SONG	Dyo aderfia
VILLAGE	Ampelakia
RYTHM	6/...(3+3)
HAND-HOLDING *	W (and swinging)
DIRECTION	right-left
DANCERS	men & women

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

## East Romylia

THE NAME OF THE DANCE	<b>Baiduska (Μπαϊντούσκα)</b>
THE TITLE OF THE SONG	-
VILLAGE	Boyaliki
RYTHM	5/...(2+3)
HAND-HOLDING *	W (and swinging)
DIRECTION	right-left
DANCERS	Men and women

THE NAME OF THE DANCE	<b>Heriaticus Trapanistos (Χεριάτικους Τραπανιστός)</b>
THE TITLE OF THE SONG	Yiannis itane serbezis
VILLAGE	Bana
RYTHM	2/...
HAND-HOLDING *	V
DIRECTION	Right - in place (spiral)
DANCERS	Men & women

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