

KOFTOS

(Greece)

Koftos (Kohf-TOHSE) is a dance from Epirus in Northern Greece, and the name means "to cut." It is the Epirotic version of the Syrtos, and is still danced in the villages of Epirus today. It was introduced by Dennis Boxell at the 1967 University of the Pacific Folk Dance Camp at Stockton.

MUSIC: Record: Colonial LP 245 Side B, Band 2.

FORMATION: Broken single circle of dancers facing ctr with hands joined at shoulder height.

STEPS AND STYLING: Walk, lift, light and springy. The steps of each meas are slow, quick, quick.

NOTE: Koftos follows Palamakia and continues to end of record.

Measures

I. SYRTOS

Throughout this dance the lift is always on the upbeat at the end of the preceding meas. Lift slightly on L (ct ah).

- 1 Facing ctr, step sdwd R to R (cts 1,&), step L across in back of R (ct 2). Turning to face slightly R, step fwd R (ct &). Lift slightly on R (ct ah).
 - 2 Moving CCW, step fwd L (cts 1,&), step fwd R (ct 2), step fwd L (ct &).
 - 3-6 Repeat action of meas 1-2 two times more (3 in all).
 - 7 Repeat action of meas 1.
 - 8 With ft together, jump on both ft in place (ct 1), hold (ct 2).
- Repeat KOFTOS pattern from beginning.

VARIATION (TURNING)

The lead dancer releases hand hold and moves alone to ctr of circle and dances the steps as described, but turning CCW.

At end of 8 meas, he joins the end of the line, and the new lead dancer moves to ctr to dance the next 8 meas.

This record continues for 8 lead dancers to "solo."