

# Zonaradikos

(Greece, Thrace)

Zonaradikos is a very common line dance in the Thracian part of (Northeastern) Greece. (More or less the same dance is danced in the Thracian part of Bulgaria, where the dance would most often be called “Pravo trakijsko horo,” or simply a “Pravo.”) The dance has two different forms of the basic step, plus many variations on each, especially the second “in and out” basic step. The word “zonaradikos” derives from the Greek word for “belt.” This does not necessarily mean that it should be danced with a belt hold; the word refers rather to the “belt” of dancers following the leader.

Pronunciation: ZOH-neh-RAH-dee-kohs

Music: 4/4 or 12/16 meter CD: *Balkan and Beyond – Stockton 2009*, Band 5.

Formation: Open circle of men and women. Handhold can be either a belt hold, front basket, low handhold or high handhold.

Styling: Improvised. Earthy (heavy and full-footed) but playful. When hopping, bring the free foot behind (not in front), knee bent.

Counts                      Music: 4/4 or 12/16 meter                      Pattern

2 meas

INTRODUCTION

Drums. Begin with vocals.

I. BASIC STEP I – Moving CCW

1-2                      Facing slightly R of ctr and moving diag twd ctr, step with slightly bent knee on R ft (ct 1), small leap onto L ft crossed in front of R (ct 2)

3-4                      Turning to face ctr, step on the R, keeping L ft in place and bending both knees (“down on both feet”) (ct 3), straightening the R knee a little, lift L leg low (ct 4)

5-6                      Step back away from the ctr onto the L ft, bending both knees (“down on both feet”) (ct 5), straightening the L knee a little, lift the R ft low and in front, turning to face slightly R of ctr to begin the dance again (ct 6)

This “Basic Step I” is, most often, NOT varied. You could do only this step (or only “Basic Step II”) the whole dance, or switch between the two on the leader’s command.

II. BASIC STEP II – Moving in and out

1-2                      Moving mostly fwd and slightly diag R twd ctr (but also very slightly to the R), step with slightly bent knee on R ft twd ctr (ct 1), small leap onto L ft (ct 2)

3-4                      Take a fairly large step with bent knee onto the R ft (ct 3), straightening the R knee a little, bring the L leg through (ct 4)

5-6                      Take a fairly large step onto the L ft (ct 5); quickly bending the L knee a little, lift R ft from the ground turning very slightly L of ctr to begin to dance back out (and very slightly to the R) again (ct 6).

7-12                      Repeat cts 1-6, backing away from ctr.

**BASIC STEP II VARIATIONS**

The “Basic Step II – in and out” could be counted:

quick	quick	slow	.....	slow	.....
1	2	3	4	5	6

Most of the variations on this step revolve around turning the two slow steps into either step-hops (or, more unusually, hop-steps), or triple steps (3&4 and/or 5&6) on the way in, twd the ctr. (The steps away from ctr are usually kept unchanged.) Some typical examples would be:

1	2	3	4	5	&	6	
step	step	stomp	hop	tri -	ple	step	
1	2	3	&	4	5	&	6
step	step	tri -	ple	step	tri -	ple	step
1	2	3	&	4	5	6	
step	step	step -	behind	- step	hop	step	

Or, alternatively, rhythmically:

1	2	a	3	4	5	6
step	step	step	behind	step	hop	step )

Other common variations:

1	2	a	3	4	5	6
stomp	step	stamp	stomp	hop	step	drop on both feet
1	2	a	3	4	5	6
stomp	step	stamp	stomp	(wait)	click heels	chug onto L ft
1	2	3	4	5	6	
Step	step	stomp	hop	step	turning slightly L, and bending L knee, bring R leg diag R and twd ctr	

Extra embellishment for outward steps of Basic Step II:

Click both feet together in air (on “&”) before landing on R ft on ct 1 of Basic Step II going away from ctr.

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