

## **Tsamikos Kozani (Also known as Tsamikos Moureki)**

A Tsamikos danced by the Vlach people the region of Kozani, Thessaly.

Formation: Open circle, Arms raised to W on first step and lowered .

---

Music 3:4 meter , Dance Counts : 1 & 2 3

(Bob and Jerry Kolo Festival CD, from Y. Hunt collection)

---

Begin facing slightly to R of center, hands in W.

- Meas 1:      1) Facing center, step L across front of R  
                 &) Step R in place  
                 2) Step L across front of R  
                 3) Step R to R
- Meas 2:      Repeat Meas. 1
- Meas. 3:      1) Lift L in front  
                 2) hold  
                 3) Step L in place
- Meas. 4:      Reverse movement of Meas. 3
- Meas. 5:      Repeat Meas. 3
- Meas. 6:      1) Turn to face L and step R across in front of L  
                 2) hold or rise on ball of R foot  
                 3) hold
- Meas. 7      1) Step L behind R  
                 &) Close R to L  
                 2) Step L behind R  
                 3) Turn to face center and step R to R