

# GERAKINA

*Translation:* Gerakina is a girl's name     *Rhythm:* 7/8 - counted 1-and-ah, 2-and, 3-and -or "slow, quick, quick"

*Formation:* Open or broken circle, or line, no partners, leader at right end. "W" position, elbows bent, hands joined (R holding neighbour's L) at shoulder level, resembling the letter W. Right foot free.

## Measures

### PART 1 (Music CC)

- 1 Step diagonally FWD R on R foot (1, &)  
A slight hop on R foot (ah)  
Cross and step on L foot in front of R (2)  
Step SDWD R on R foot (3)
- 2 Cross and step on L foot slightly in BACK of R (1)  
Point R toe in place, drawing R heel over L foot (2-3)
- 3-8 REPEAT pattern of measures 1-2 three more times (4 times total)

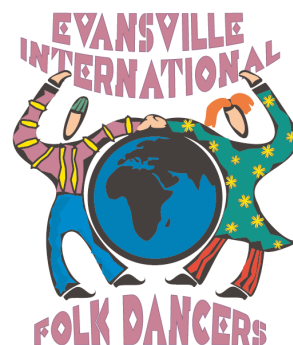
### PART 2 (Music AB)

- 9 Lowering hands to "V" position, facing slightly and moving R, 3 walking steps (long-short-short, in rhythm) FWD starting w/R foot.
- 10 Step FWD on L foot (1)  
Point R toe beside L heel turning R heel out (2) then in (3)
- 11 REPEAT pattern of measure 9
- 12 Step FWD on L foot (1)  
Close and touch R foot beside L, turning to face center (2-3)
- 13-14 REPEAT pattern of measures 9-10 moving FWD toward center, raising hands in front to shoulder height
- 15-16 6 walking steps (long-short-short, long-short-short, in rhythm) BKWD starting w/R foot and accenting the long steps (1) with a knee bend. Lower joined hands slowly during this time.

### PART 3 (Music C)

- 17-18 With weight on L foot, point R toe beside L foot turning R heel out-in-out, in-out-in, in rhythm
- 19-20 Release hands and turn R once around w/6 walking steps (long-short-short, long-short-short, in rhythm) starting w/R foot. L arm is straight FWD during this, wrist bent w/fingers straight upward; R arm is bent, hand behind back. *NOTE: DO NOT SPREAD FIVE FINGERS OF L HAND - IT HAS A DREADFUL MEANING IN GREECE.*

*NOTE:* There are a number of dance patterns for this music. Greeks often do a Kalamatianos-Sytros to this. Folk dancers do two dances, one of which is also described on the next page.



# ...GERAKINA CONTINUED

*Formation:* Circle or open circle, with leader at R. Hands joined. Face CCW.

## INTRODUCTION - 8 measures

<u>Measures</u>	<u>Count</u>	<u>PART 1</u>
1	1-3	Facing and moving CCW, step FWD - R, L, R
2	1	Step FWD in CCW direction on L
	2	Touch R toe next to L toe turning R foot to L
	3	Touch R toe next to L toe turning R foot to R
3, 4		REPEAT measure 1-2
5,6		Turn on count 1 of measure 5 to face center, and while facing center REPEAT measures 1-2 to center
7	1	Step BACK on R foot, L foot extended slightly FWD
	2-3	2 more steps backing out of center
8	1-3	REPEAT action of measure 7, starting w/L foot, three steps out of circle - L, R, L
9	1-2	Same as count 2-3, measure 2
	3	Same as count 2, measure 2
10	1	Turn R knee away from L knee touching R toe to floor
	2-3	Release hands. Lift R foot about 6-10 inches from ground, R knee bent. R hand is brought up and held in air. L hand is placed on L hip. Hold.
11	1-3	Complete a full R (CW) turn w/3 steps - R, L, R
12	1	Step on L in place, facing center
	2-3	Place R toe to R. Hold.
		<u>PART 2 - Travelling step. STEP, HOP-STEP, STEP, STEP, TOUCH</u>
1	1	Facing CCW, step FWD on R foot
	&	Hop on R foot
	2-3	2 steps FWD, (CCW) - L, R
2	1	Step on L crossing behind R, turning to face the center
	2-3	Touch R toe to R, turning to face CCW. Hold
3-8		REPEAT measures 1-2, PART 2 three more times.