

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. Introduction, 8 measures.

Measure	Count	PART 1 (Music CC)		PART 3 (Music C)
1	1, & ah	Step diagonally FWD R on R foot	17-18	— With weight on L foot, point R toe beside L foot turning R heel out-in-out, in-out-in, in rhythm
	2	Cross and step on L foot in front of R		
	3	Step SDWD R on R foot	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.
2	1	Cross and step on L foot slightly in BACK of R		
	2-3	Point R toe in place, drawing R heel over L foot		
3-8	—	REPEAT pattern of measures 1-2 three more times (4 times total)		
		PART 2 (Music AB)		
9	1-3	Lowering hands to "V" position, facing slightly and moving R, 3 walking steps (long-short-short, in rhythm) FWD starting w/R foot.		NOTE: DO NOT SPREAD FIVE FINGERS OF L HAND—IT HAS A DREADFUL MEANING IN GREECE.
10	1	Step FWD on L foot		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.
	2	Point R toe beside L heel turning R heel out		
	3	Then in		
11	1-3	REPEAT pattern of measure 9		
12	1	Step FWD on L foot (1)		
	2-3	Close and touch R foot beside L, turning to face center		
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.		

Gerakina continued

Formation: Circle or open circle, with leader at R. Hands joined. Face CCW. Introduction, 8 measures

Measure	Count	PART 1	Measure	Count	PART 2—Travelling step. STEP, HOP-STEP, STEP, STEP, TOUCH
1	1-3	Facing and moving CCW, step FWD—R, L, R	1	1	Facing CCW, step FWD on R foot
2	1	Step FWD in CCW direction on L	&		Hop on R foot
	2	Touch R toe next to L toe turning R foot to L	2-3		2 steps FWD, (CCW)—L, R
	3	Touch R toe next to L toe turning R foot to R			
3-4	—	REPEAT measure 1-2	2	1	Step on L crossing behind R, turning to face the center
5-6	—	Turn on count 1 of measure 5 to face center, and while facing center REPEAT measures 1-2 to center	2-3	—	Touch R toe to R, turning to face CCW. Hold
7	1	Step BACK on R foot, L foot extended slightly FWD	3-8	—	REPEAT measures 1-2, PART 2 three more times. Syrtos to this. Folk dancers do two dances, one of which is also described on the next page
	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.			