

# Tsamikos for Women

*Presented by:* Autumn Leaves 18, Sue Williard, 2011      *Dance notation:* Sue Williard      *Origin:* Beautiful, graceful, trance-like women's Tsamikos done in folkdance groups on the West coast.      *Meter/Rhythm:* 3/4      *Formation:* Open circle or line, hands in W position, face center.      *Style:* Smooth, flowing, soft knees. Start dance at any appropriate beginning of a melody line.

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Count	Measure	Pattern
1	1	Step on R to R
	2	Step on L behind R, to R
	3	Step on R to R
2	1	Step on L crossing in front of R, turning body slightly to R, travelling in LOD
	2	Step on R to R, body orients back to center
	3	Step on L crossing in front of R, turning body slightly to R, travelling in LOD
3	1	Step on R to R, body orients back to center
	2	Step on L crossing in front of R, turning body slightly to R, travelling in LOD
	3	Step on R behind L, body orients back to center
4	1	Step on L to L, body orients slightly to L, leave R in place
	&	Shift weight back on to R, in place
	2	Shift weight onto L, in place
	3	Step on R in front of L
5	1	Step on L to L (RLOD)
	2	Step on R crossing behind L, sinking into R knee with step, leaving L in place in front
	3	Step on L in front of R

REPEAT dance from beginning