

ALONIOTIKOS
(Macedonia)

Translation: "Dance from Alona."

Source: Larry Weiner as he learned the dance from Simos Konstantinou from the village of Alona, near Florina, Greece.

Pronunciation: ah-loh-nee-OH-tee-kohs

Formation: Line: Joined hands in "W" pos. Begin moving to the R, facing in LOD.

Record: Florina FL-2C side B, band 3. 4/4 meter.

<u>Meas</u>	<u>ct</u>	<u>Pattern</u>
1	1	Hop on L, swing free R ft high fwd with knee bent.
	2	Step fwd in LOD onto R ft.
	3	Hop on R swinging free L ft high fwd with knee bent.
	4	Step fwd in LOD onto L ft.
2	1	Turning to face ctr, hop on L ft in place.
	2	Hop again on L ft in place.
	&	Step in place on R ft.
	3	Step on L -- crossing in front of R ft.
	4	Step in place on R ft -- to same spot as on "&" after ct 2, meas 2.
3	1	Hop on R ft in place.
	2	Hop again on R ft in place.
	&	Step in place on L ft.
	3	Step on R ft, crossing in front of L ft.
	4	Step in place on L ft -- to same spot as on "&" after ct 2, meas 3.
4-5		Repeat action of meas 2-3 above.
6-10		Turning to face fully R again; repeat entire sequence of meas 1-5.
11		Turning to face L, repeat action of meas 1, using same ftwk and moving CW.
12	1	Continuing CW, hop on L ft.
	2	Hop again on L ft.
	&	Step slightly fwd onto R ft.
	3	Turning to face ctr; leap fwd onto L ft, crossing it in front of R ft.
	4	Step back into place on R ft.
13-15		Repeat action in meas 3-5, above.

Presented by Larry Weiner

FOLK DANCE CAMP - 1975