

AMOLITI GAIDA
(Macedonia)

- Source: Larry Weiner, as he learned the dance from Simos Konstandinou, from the village of Alona, near Florina, Greece.
- Pronunciation: ah-moh-LEE-tee GUY-dah
- Formation: Open circle of dancers with hands down in "V" pos. All dancers facing ctr with wt on L ft and dance begins by moving CCW.
- Record: Florina FL-1C
- Rhythm: 7/16 + 5/16; counted as SLOW-QUICK-QUICK-SLOW-QUICK
or
1 2 3 4 5
- Note: Dances coming from the same village very often contain step patterns common to each other. Such is the case with Amoliti Gaida and Leventikos. However, you will note that whereas Leventikos only moves CCW in a three-measure pattern, Amoliti Gaida moves both CCW and CW in a six-measure pattern. The dance directions which follow should be viewed as providing only the basic framework around which the dance is "created" each time the dance is danced.

<u>Meas</u>	<u>ct</u>	<u>Pattern</u>
1	<u>1</u>	Facing ctr and moving CCW with wt on L ft, bounce on L ft while moving R ft to R close to ground.
	2	Bounce again on L ft continuing to move R ft to R and turning body to face CCW.
	3	Moving in LOD, step fwd onto R ft.
	<u>4</u>	Step onto L ft bringing it up to, but slightly behind R ft.
	5	Step fwd in LOD onto R ft.
2	<u>1</u>	Step fwd in LOD onto L ft.
	2-3	Step fwd in LOD onto R ft.
	<u>4</u>	Turning body to face ctr, step fwd twd ctr onto L ft.
	5	Step bkwd, away from ctr, onto R ft.
3	<u>1</u>	Bounce on R ft while beginning to swing free L ft around in back in preparation for bkwd step onto L ft.
	2	Bounce again on R ft continuing movement of L ft.
	3	Step bkwd, away from ctr, onto L ft.
	<u>4</u>	Step bkwd, away from ctr, onto R ft.
	5	Turning to face CW, step fwd onto L ft.

AMOLITI GAIDA (continued)

- 4 Repeat action of meas 1, with same ftwk, however, facing and moving CW.
- 5 Repeat action of meas 2, with same ftwk, continuing to move CW and ending facing ctr as in meas 2.
- 6 1-3 Repeat action of meas 3, cts 1-3.
4 Step sdwd to R onto R ft.
5 Step onto L ft, crossing it in front of R ft in preparation for the beginning of the dance.

Repeat entire dance from the beginning.

Presented by Larry Weiner