

TRIPÓTIS (TRIPÁTI)
(Makedonia - Greece)

Source: This dance is from Makedonia in northern Greece. The name comes from two words: "treis" meaning three, and "pátima" (peripatetic) meaning step. According to T. Sofios there is a version of the dance in Greek Thrace with different styling.






Pronunciation: tree-POH-tees

Bibliography: Greek Folk Dances, M. Vouras and R. Holden
(New Jersey, 1965)




Music: Folk Dancer MH 4053 B. 2/4 meter.

Formation: Men and women are in a broken circle with hands held at shldr height, elbows bent and down.








Characteristics: The feeling of the dance is bright and cheerful. Steps should be on the full ft. The stamps should be light.

<u>Meas</u>	<u>cts</u>	<u>Part I (first melody).</u>
I		Starting with the R ft, run to the R taking five small steps (facing LOD).
II		Lightly stamp the L ft twice in place next to R ft.
III		Pause.
IV		Facing LOD and starting with the L ft, run bkwd five small steps in RLOD (on fifth step turn to face ctr).
		Lightly stamp the R ft twice in place next to L ft. Pause.

Repeat this sequence one more time.

		<u>Part II (second melody).</u>
I		Step sdwd to the R on R ft. Lightly stamp L ft next to R.
		Step sdwd to the L on L ft. Lightly stamp R ft next to L.
II		Step sdwd to the R on R ft. Lightly stamp L ft twice next to R ft. Pause.

TRIPÓTIS (TRIPÁTI) (continued)

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| III |  | Step sdwd to L on L. |
| |  | Lightly stamp R ft next to L. |
| |  | Step sdwd to R on R. |
| |  | Lightly stamp R ft next to L. |
| IV |  | Step sdwd to L on L. |
| |  | Lightly stamp R ft twice next to L. |
| |  | Pause. |

Repeat this sequence one more time and go back to first variation.
Each is done twice.

Presented by John S. Pappas

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