

# Triandafilia

(Greece)

Triandafilia (“tree-ahn-dah-feel-YAH”) is a Greek women’s dance from the Halkidiki peninsula. I learned the dance from Joe Graziosi in 1997.

MUSIC: “Triandafilia” 4/4 meter.

FORMATION: Open circle. Front basket hold (R arm under, L over).

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COUNTS	PATTERN
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## I. FIRST FIGURE (“Sta tria”)

- 1-6 Facing ctr and moving R (LOD): Step on R ft to R(1), step on L ft crossed behind R ft (2), step on R ft to R, leaning slightly L (3), bring L ft around in a CCW circle near to the floor (4), step on L ft to L, leaning slightly R (5), bring R ft around in a CW circle near floor (6). (Gentle knee bend on every ct. During cts 3-6 the body is swaying “like a bell.”)
- 7-24 Repeat cts 1-6 three more times (4 times in all).

## II. SECOND FIGURE (“Grapevine”)

- 1-4 Continuing to face ctr and move to the R: Step on R ft to R, bending knee (1), step on L ft crossed behind R (2), step on R ft to R (&), step on L ft crossed in front of L, bending knee (3), step on R ft to R (4), step on L ft crossed behind R (&).
- 5-8 Repeat cts 3-6 of Fig. 1.
- 9-16 Repeat cts 1-8.

Dance pattern: Fig. 1,2,1,2,1,2,2,1,2,1,2 + ending (That is: repeat Fig 2 one more time on the third repetition of the dance, during the drum solo.)

The ending is simply: Step on R ft to R (1), step on L ft crossed behind R (2), step on R ft to R (3), bring ft tog by placing L ft next to R (4).

Dance notes by Lee Otterholt.

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