

Health Benefits of Dancing

Post by “Kalosyni” of February 21, 2025 at 5:53 PM

About the Greek dance "Syrto":

Quote

Syrtó (pronounced seer-TOH). The name translates literally as “to pull”, but more accurately as “to lead”. It’s considered the most ancient of Greek dances, going back possibly 2500 years. **Syrtó** is at its heart simply walking to a slow, quick quick rhythm. If a slow step is two beats long, and a quick step is one beat, then Slow, Quick Quick, (or S,Q,Q,) would be 4 beats (2+1+1). One **Syrtó** dance is 4 sets of S,Q,Q, 12 steps (16 beats) in total.

[Source](#)