

Dimitroula

(Greece)

A dance from the town of Alexantreia (Gida), Macedonia, believed to be the birthplace of Alexander the great and is famous for a number of celebrated dances that resemble a militant posture with slow cadenced steps. They are attributed to the dramatic stance the women in this area have maintained over the years. To this day a great pride has been bestowed upon them which they proudly express at their festivals. The dance is called "Dimitroula" after a woman's name who may have exhibited an outstanding deed, and for this reason most believe it to be a dance for women. The dance, however, has received an enthusiastic response among dancers at festivals and it is not unusual to see men join in the open circle, while the leader twirls a handkerchief.

Pronunciation: dee-mee-TROO-lah

CD: The Spirit of Greek Dance with Athan Karras AK2001

Rhythm: Slow music is 2/4. Fast music is 7/16 meter (Q,S) counted 1,2.

Formation: Open circle, hands joined in V-pos, leader twirls handkerchief.

Meas

Pattern

INTRODUCTION

2/4 meter A. BASIC SLOW CADENCE

- 1 Turn to face LOD, step on R (ct 1); step fwd on L (ct 2).
- 2 Step on R (ct 1); turning to face ctr, point L toe diag to L, raising arms (ct 2).
- 3 Continuing to face ctr with arms raised, step on L behind R, bending knees (ct 1); step on R to R (ct 2).
- 4 Step on L behind R, bending knees, arms raised (ct 1); point R ft to R (ct 2).
- 5 Step on R across in front of L with bent knees, bringing arms down to V-pos (ct 1); raise arms right away, pointing L toe to L (ct 2).
- 6 Shift wt onto L, turning body to face LOD (ct 1); take two quick steps almost in place R, L, bringing arms down (cts 2,&).
Repeat Fig A as tempo builds, and then change to Fig B.

7/16 meter B. QUICK DIMITROULA

- 1 Facing LOD, take two steps fwd (R,L) (cts 1,2).
- 2 Raise arms and take three small steps R,L,R; take three small steps L,R,L.
- 3 Turn to face L, but travelling in LOD, take three small steps R,L,R; take three small steps L,R,L.
- 4 Facing RLOD, take three small steps fwd R,L,R; turn quickly traveling bkwd in RLOD L,R,L.
Repeat Fig B until music ends.

Presented by Athan Karras