



SYNGATHISTÓS METSÓVOU
(Métsovon, Épiros, Greece)

This is a couple dance from the village of Métsovon in the eastern Píndos mountains which join Épiros to Thessaly. It is a dance done in pairs with several parts. The name, Syngathistós, refers to "sitting" or knee bend steps which actually are not too common in the dance.












Pronunciation:

Record: Society for Dissemination of National Music #111
Side B/4

Rhythm: 15/8: ; 7/8: .
The above recording does not contain all of the rhythmic meters possible. Can also be 6/8; 4/4; 9/8.

Formation: Ptrs facing each other. Sometimes a man will dance with a man, or a woman with a woman, but usually the cpls are composed of a man and a woman. The free hands are held out to the side at shldr level, or placed on the hips.

Styling: The dance is improvisational. The musicians go through several different types of melodies, often changing meters. The dancers will usually pause for a second or so until they "find the rhythm", and then they begin to dance to the new meter.

<u>Meas</u>	<u>Cts</u>	<u>Pattern</u>
		<u>15/16 Ptrs facing one another</u>
1	 1&	Step to the R on R ft.
	 2	Touch L ft in front of R, or pause
	 3	Step on L ft in front of R, or step across in front of R on L ft.
	 4&	Step to the R on R ft.
	 5	Hop on R ft, or lift R heel, and at the same time lift L ft next to R calf, bending L knee, or swing L ft in front of R.
2		Repeat meas 1 with opp ftwk and direction. <u>Note:</u> The above basic step can be done with turns done by each dancer, or with slight fwd and back movements. Each person and each cpl improvises and moves as the mood dictates.
		<u>7/8 Ptrs facing one another</u>
		<u>Dancers sometimes pick up the 7/8 step on ct 3 of a previous meas.</u>
1	 1	Step on R ft in place.
	 2	Step slightly to L on L ft.
	 3&	Step across in front of L on R ft.
2	 1	Step back on L ft.
	 2	Step next to L on R ft.
	 3&	Step across in front of R on L ft.

SYNGATHISTÓS METSÓVOU (Continued)

Note: As with the 15/8 step, individuals can do turns in place or slight fwd and back movements. In both versions, the feet continue to dance the same basic step.

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