

## BALLOS

ISLAND OF CHIOS, GREECE

Many versions of the dance BALLOS are found throughout the Greek Islands, the name BALLOS coming from the Italian word "ballo" meaning "dance." In its natural setting it is completely improvised, and the sequence given here has been arranged to fit the available recordings. It was introduced in California by Dick Crum in the summer of 1956. He learned it from Mr. G. Kolaras, formerly folk dance instructor in the Athens municipal schools.

18

MUSIC: Records: Liberty 134-B Matia San Kai Ta Dika Sou (preferred). Should be slowed a bit.

Victor 26-8368 Ballos

FORMATION: Cpls facing CCW in circle. W to R of M, inside hands joined shoulder height with elbows bent. W R hand on hip, palm out. M L hand on hip, palm out or arm is held out to side, shoulder height and parallel to floor. When arm is out to side, it is slightly curved and palm of hand is down.

STEPS and  
STYLING: To be done in "slow-quick-quick" rhythm to 4/4 time (cts 1.2-slow, ct 3-quick, ct 4-quick). Steps should be done with wt on ball of ft. even though wt seems to go on the whole ft during the "slow" ct. Walking steps are done close to the floor but ft do not slide on floor. Knees are flexible. M have freedom to snap fingers whenever hand is free.

Steps are described for M. W does counterpart unless otherwise noted.

*Forward Syrto*: 4 meas to complete 1 pattern.

Meas 1 Step fwd L (S). Step fwd R (Q). Step fwd L (Q).  
2 Beginning R, repeat action of meas 1.  
3 Repeat action of meas 1.  
4 Step bwd R (S). Step bwd L (Q). Step R beside L (Q).

*Cross Balance*: 2 meas to complete 1 pattern.

Meas 1 Step to L on L (S). Step R in front of L (Q). Step back onto L (Q).  
2 Beginning with R to R, repeat action of meas 1.

*Side Syrto with Cross*: 2 meas to complete 1 pattern.

Movement for both M and W is to R. As each step is taken, the heel is turned out (step on L-turn L heel out to L, step on R-turn R heel out to R). Allow heel of free ft to parallel heel of ft with wt. Keep body in line with ft with wt. On each step bring corresponding shoulder a little fwd. A *very slight* swaying effect should result, but should *not* be over-emphasized.

M: Meas 1 Step L in front of R (S). Small step to R on R (Q). Step L in front of R (Q).  
2 Small step to R on R (S). Step L in front of R (Q). Small step to R on R (Q).

W: Meas 1 Small step to R on R (S). Step L behind R (Q). Small step to R on R (Q).  
2 Step L behind R (S). Small step to R on R (Q). Step L behind R (Q).

19

### III. FORWARD AND BACK

17-20

Move in LOD with 1 "Fwd Syrto" pattern. M reverse pattern (dance bwd).

On meas 20, ptrs make  $\frac{1}{2}$  turn L (CCW) as follows:

S M: Step obliquely fwd twd L on R ft, making about  $\frac{1}{4}$  turn L (CCW).

Q Step bwd on L, making another  $\frac{1}{4}$  turn. M has now made  $\frac{1}{2}$  turn and is facing LOD.

Q Step R ft a bit bwd.

On this turn reverse hand pos.

W: Beginning with L ft, dance corresponding movements, keeping face to face with ptr. End facing RLOD.

21-24

Move in RLOD with 1 "Fwd Syrto" pattern. M again dance bwd. On last ct of meas 24, ptrs make  $\frac{1}{4}$  turn R (CW) to face each other, M back to ctr.

### IV. CROSS BALANCE

25-28

M raise both arms out to sides. W hands on hips. M snap fingers on each beat. Beginning M L and W R, dance 2 "Cross-Balance" patterns in place.

Note: Shoulders do not dip or turn as one ft crosses in front of other.

29-32

W extend both arms out to sides and snap fingers on each beat. M place back of hands at small of back. Repeat action of Fig IV, meas 25-28.

### V. SIDE SYRTO WITH CROSS

33-40

W hands on hips. M extend arms out to sides, snapping fingers as desired. Circle around each other once CCW with 4 "Side Syrto with Cross" patterns. Face ptr throughout pattern.

Starting with Fig I, Promenade, repeat dance twice (3 times in all).

NOTE: (for users of Liberty 134-B) Fig I is always started with the beginning of the vocal which is arranged in phrases of 6 meas. Patterns I, II, III are 8 meas each. Therefore the change from Fig I to II and II to III will come in the middle of a musical phrase. Patterns IV, V and the Introduction are danced to music with an 8 meas phrase so there is no overlap of pattern and music.

## Measures

## INTRODUCTION

25-32

Starting outside ft, move in LOD with 2 "Fwd Syrto" patterns.

33-40

Join L hands shoulder height, elbows bent. Turn CCW once around each other with 2 "Fwd Syrto" patterns. Finish with M and W facing LOD, L hands still joined. M to L and a little behind W. M extend R arm to side behind W. W R still on hip.

Note: The above figures are done only at the beginning of the dance and are not repeated again.

I. *PROMENADE*

1-8

Starting outside ft, move in LOD with 2 "Fwd Syrto" patterns.

II. *WOMAN TURNS*

9-12

Release hands. W put both hands on hips, palms out. M put L on hip, palm out. R is still extended to side. M move in LOD with 1 "Fwd Syrto" pattern. W do same except that on meas 9-10 W make 1 complete turn R (CW) while moving in LOD. W. look back at M at start of turn.

13-16

Repeat action of Fig II, meas 9-12.

On meas 16, M make  $\frac{1}{2}$  turn R (CW) as follows:S Step fwd on R, making  $\frac{1}{4}$  turn R (CW).Q Step bwd on L, making another  $\frac{1}{4}$  turn R, to face RLOD.

Q Step R ft a bit bwd.

M extend L arm in front of W, R hand on hip.