

LAHANA
(Pontos, Greece)

Láhana is also called Omál Kerasountéikon after the city of Kerasóús. Another name is Kotsihtón Omál. This dance is popular among the Greeks of the Black Sea area of Asia Minor (Póntos). The word "Láhana," meaning "vegetables" or "cabbages," comes from a popular song that is often used for this dance. John Pappas presented the dance at the 1983 Kolo Festival, San Francisco.



Pronunciation:

Record: Folkraft LP 8 Side B/5. 9/8 or 9/16 meter

Rhythm: 9/8 or 9/16:  or short, short, short, long.
The dance beat is  long, short, long.



Formation: Dancers in a broken circle with hands joined at shldr level, elbows bent and down. The hands should be comfortably back near the shldr. Dancers may also lower hands so that arms are down and straight.

Stylin: Small steps with no large movement.

<u>Meas</u>	<u>Cts</u>	<u>Pattern</u>
1		Wt on R ft, step on L ft across in front of R. Step to R on R ft. Step on L ft in front of R.
2		Step sdwd to R on R ft. Step on L ft behind R (or next to R). Step sdwd to R on R ft. <u>Note:</u> This step is like the Syrtós Sta Dýo or Pogonísios of Épiros.

VARIATION:

When the music is peppy or the mood is more vigorous, dancers can add a hop to the basic step.

1		Hop on R ft. Step on L ft in front of R. As in basic above. As in basic above.
2		Hop on L ft. Step to R on R ft. As in basic above. As in basic above.

Note: Sometimes the steps are done in place for awhile without moving in LOD.

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