

PILALITOS (pee-lah-lee-TOHS)
(Thrace - Greece)

- Source: The name of this dance comes from the verb "pilaláo" which means "to run" so it means that this is a sort of a running dance. Another name for this dance is "Hasápihos Thrákis" or a "Hasápiho Dance from Thrace." There are many ~~step~~ ^{step} variations possible for this dance, as well as many possible tunes which are used.
- Bibliography: Greek Folk Dances, M. Vouras and R. Holden (New Jersey, 1965)
Elliniki Hori, A. Bikos (Athinaí, 1969)
- Music: Panhellenion LP
2/4 or 6/8 meter
- Formation: A broken circle with belt hold, or with chain hold: hold hd of person on other side of neighbor (your arm is across in front of your neighbor).
- Characteristics: The feet are not lifted too far from the floor. The feeling is joyful and vigorous.

<u>Meas</u>	<u>Cts</u>	<u>Pattern</u>
		<u>SLOW PART</u> 2/4 or 6/8 $\begin{matrix} \text{d} & \text{d} \\ 1, & 2 \end{matrix}$ or $\begin{matrix} \text{d} & \text{d} \\ 1, & 2 \end{matrix}$.
I	1	Step to R on R ft.
	2	Step across in front of R on L ft.
II	1	Step to R on R ft.
	2	Swing L ft in front of R, lifting R heel from floor.
III	1	Step to L on L ft.
	2	Swing R ft in front of L, lifting L heel from floor.
		<u>FAST PART</u>
I	1	Step to R on R ft.
	2	Step across in front of R on L ft.
II	1	Jump onto both ft.
	2	Hop on R ft, swing L ft in front of R.
III	1	Step to L on L ft.
	2	Hop on L ft, swinging R ft in front of L.
		<u>VARIATION FOR FAST PART (Skips)</u>
I	1	Hop on L before stepping on R ft.
	2	Hop on R before stepping on L ft.
II	1	Hop on L before jumping onto both ft.
	2	Hop on R ft as above.
III	1	Hop on R before stepping on L ft.
	2	Hop on L as above.

Notes by John Pappas