

SEREANÍ TSA
(Póntos - Greece)

This is a dance done by the Greeks from Póntos (the Black Sea area of Asia Minor). The name of the dance refers to a girl or woman of Serán, a town in Asia Minor. Another name for the dance is Eikósi Ena (Twenty One). It is a popular Pontian dance.



















Pronunciation:

Record: Folkraft LP 8 Side A/6 7/16 meter

Rhythm: 7/16: ♩ ♪. or ♪ ♪ ♪.

Formation: The dance is done in a broken circle, or line, with the leader at the R end. There are two handholds - the first half of the step is done with the hands joined and down; the second half is done with hands joined and raised above shldr level so that the arms are almost straight.

Styling: Sereanítza is a very lively, exciting dance. It can have many subtle bounces in the steps and also subtle shoulder movements.

<u>Meas</u>	<u>Cts</u>	<u>Pattern</u>
		<u>BASIC STEP</u> 7/16: ♩ ♪. (slow, quick)
		Facing ctr, hands down.
1		Step to R on R ft.
		Step on L ft next to R.
2		Step to R on R ft.
		Step on L ft next to R.
3		Step across in front of L on R ft (beg to move in RLOD).
		Step to L on L ft.
4		Step across in front of L on R ft.
		Step to L on L ft.
		Facing ctr and raising hands above shldr level
5		Step to R (or slightly back) on R ft.
		Touch L ft next to R.
6		Step to L (or slightly back) on L ft.
		Touch R ft next to L.
7-8		Repeat meas 5-6.
		<u>VARIATION</u> - Facing LOD
1		Touch or put partial wt on R ft (moving in LOD).
		Step (put full wt) on R ft.
		Step on L ft next to R.
2-4		Repeat meas 1 three times using the same "Touch-step-step movements.
5		Step to R on R ft.
		Step next to R (or in front of R) on L ft.
		Step in place on R ft.
6-8		Note: This is similar to a pas de basque in 7/16 meter. Moving slightly bkwd repeat meas 5 three times.

SEREANITSA (Continued)

Note: The individual dancers can mix the Basic Step and the more syncopated variations at their own discretion.

Often the dancers bend at the waist as they do meas 3 and 4 to the left. They then straighten up, raising the hands overhead as they dance slightly back in meas 5-8. Because the movements of meas 3 and 4 tend to move the dancers forward (to the center), the slightly backward movement of measures 5-8 tend to bring the line back to place. The dance does progress to the right (LOD).

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