

ARGÓ HASÁPIKO (continued)

VARIATION "H"

Meas cts

- I (Quick)(1 Lunge fwd on L ft.
 (Quick)(and Step fwd on R ft (behind and to L of L ft).
 (Slow) (2 Step fwd on L ft bending body slightly at waist.
 and Slight pause.
 II - IV)
) Repeat from VARIATION "A" or "B"

I have described eight variations, but I have refrained from numbering them. They should not follow any particular order. You will probably notice that parts of particular steps are similar to other variations. This is how the dance works: certain step sequences are interchangeable and it is the leader who molds the dance from the variations he knows. There are many more variations than those I have described; these are some of my favorites however. When you have mastered these variations, try some new ones that you have created ---

Notes and description by John Pappas. Abbreviations added to fit U.O.P. syllabus format.

Presented by John Pappas

STÁ DÝO -- POGONÍSIOS

(Greece)

Source: This dance is from Épiros, in northwestern Greece. More particularly, it is from the area of Pogóni in Épiros, thus the name Pogonísios, dance from Pogóni. Stá Dýo, another name for the dance means "two steps." It is danced by both M and W. Sometimes the Pogonísios is done with a fast part in the middle. I will describe both the basic Pogonísios and also the mixed tempo version.

Bibliography: Greek Folk Dances, M. Vouras and R. Holden, (New Jersey, 1965).
Elliniki Hori, V. Papahristos, (Athinaí, 1960)
Folk Dances of the Greeks, T. & E. Petrides, (New York, 1961)
Greek Mountain and Island Dances, A. Karras and C. Tasulis, Panhellenion LP (Los Angeles, 1962)

ΣΤΑ ΔΥΟ (ΣΑΓΑΡΙΣΙΟΣ) (continued)

Music: The music is in 2/4 or 4/4 time. The dance can be done to any Sta Dyo tune; the two most popular songs are:

"Den Bovó Mannóula," Songs of Epirus '45' mistitled "Sagarisios"

"Vasilikós Thá Gíno Sto Stó Parathyri Són," Odeon LP 21

For the mixed tempo arrangement, these records are available:

"Greek Folk Dances," Folkraft LP-3

"Panhellenion," KT 1001

RCA Victor LPMG 9

Formation: A broken circle with hands joined at shoulder height, elbows bent and down. The hands should not be pushed fwd into the circle, but should be comfortably back near the shoulders.

Characteristics: Depending on the feeling of the music, the dance has a free and joyous feeling with some spring in the steps.

Meas cts Basic - 4/4 ($\downarrow \downarrow \downarrow$, Slow, quick, quick)

- | | | |
|----|-----|--|
| I | 1,2 | Wt on R ft, step across in front of R ft on the L ft (Slow). |
| | 3 | Step sdwd to R on R ft (quick). |
| | 4 | Step across in front of R ft on the L ft (quick). |
| II | 1,2 | Step sdwd to the R on the R ft (Slow). |
| | 3 | Step behind the R ft on the L ft (quick). |
| | 4 | Step sdwd to the R on the R ft (quick). |

This basic step can be done to the R as many times as desired. With reverse ftwork it can also be done to the L. As a transition to doing the step to the L, meas II should be done as follows:

Meas cts Transition

- | | | |
|----|-----|--|
| II | 1,2 | Step sdwd to the R on the R ft (Slow). |
| | 3,4 | Step L ft next to R ft, releasing wt from R ft (Slow). |

Do the basic step as described above, only with reverse ftwork beginning with the R ft. Although there is no set pattern, you should move more to the R than the L. It usually fits the music well if you reverse direction on Meas IV of the basic step.

In order to do the dance in a fixed pattern with mixed tempo music we take the basic dance as described above and we expand it:

STÁ DYO -- POGONÍSIOS (continued)

<u>Meas</u>	<u>cts</u>	<u>Basic (First melody - slow)</u>
I	1,2	Wt on R ft, step across in front of R ft on the L ft (slow).
	3	Step sdwd to R on R ft (quick).
	4	Step across in front of R ft on the L ft (quick).
II	1,2	Step sdwd to the R on the R ft (slow).
	3	Step behind the R ft on the L ft (quick).
	4	Step sdwd to the R on the R ft (quick).
III	1,2	Step across in front of R ft on the L ft (slow).
	3	Step sdwd to R on R ft (quick).
	4	Step across in front of R ft on the L ft (quick).
IV	1,2	Step sdwd to the R on the R ft (slow).
	3	Step behind the R ft on the L ft (quick).
	4	Step sdwd to the R on the R ft (quick).
V	1,2	Step across in front of R ft on the L ft (slow).
	3	Step sdwd to R on R ft (quick).
	4	Step across in front of R ft on the L ft (quick).
VI	1,2	Step sdwd to the R on the R ft (slow).
	3,4	Step L ft next to R ft, releasing wt from R ft (slow).

With wt on L ft, R ft free, repeat meas I-VI with reverse ftwork moving to L. This total basic step then is 12 meas long. You end with wt on the R ft, L ft free.

(Second melody - fast)

I	& 1,2	On "and," the upbeat, hop on the R ft. Step fwd on L ft (slow).
	3	Step on R ft next to L ft (quick).
	4	Step on L ft in place (quick).
	&	Hop on L ft.
II	1,2	Step bkwd on R ft (slow).
	3	Step on L ft next to R ft (quick).
	4	Step on R ft in place (quick).
	&	Hop on R ft.
III	1,2	Turning to face L, step diag fwd on L ft (slow).
	3	Step across in front of L on R ft (quick).
	4	Step bkwd in place on L ft (quick).
	&	Hop on L ft.
IV	1,2	Turning to face R, step diag fwd on R ft (slow).
	3	Step across in front of R on L ft (quick).
	4	Step bkwd in place on R ft (quick).
	&	Hop on the R ft.

STÁ DÝO -- POGONÍSIOS (continued)

Repeat meas I - IV to end of fast music. There are 8 meas to complete the fast step. In other words, the second step is done twice through. At the end of the fast step, the L ft is free to begin the slower basic step.

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HIÓTIKOS

(Greece)

Source: This is a dance from the island of Híos, which is an island not too far from the coast of Asia Minor, thus the name Hiótikos.

Music: The music is in 2/4 time and often the syrtós is danced to the melody. Any recording of the tune can be used:

"Ena Karavi Apo Ti Hio"

Demotika, Discphon LPM 5

Island Songs, Capitol _____

Formation: A broken circle with arms on shoulders.

Characteristics: Like many island dances, the feeling is a happy and bouncy one. There should be a spring in the legs. There are no large movements: the W are less energetic than the M in their movements.

2/4 time

<u>Meas</u>	<u>cts</u>	<u>BASIC STEP</u>
I	1	Step to the R on the R ft.
	2	Step across in front of the R ft on the L ft.
II	1,2,&	Step sdwd to the R on the R ft, slightly swinging the L ft in front of the R and bouncing twice on the R heel.
III	1,2,&	Step sdwd to the L on the L ft, slightly swinging the R ft in front of the L and bouncing twice on the L heel.

The Basic Step is done six times and then the Second Step is done.