

## Syrtós paros

A typical island-style syrtós from the island of Paros.

- MUSIC: any island syrtos
- RHYTHM: 2/4
- FORMATION: Open circle, leader on R.
- HANDHOLD: High handhold. ("W")
- STYLE: Pronounced and characteristic up-and-down movement.

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METER 2/4

PATTERN

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Meas

(The leader may start anywhere in the music.)

### I. FIRST FIGURE ("traveling step")

- 1 Facing and moving to the R (LOD): step fwd on R ft (heel first) (1), step on ball of L ft slightly crossed behind R (&), step fwd on R ft (2).
- 2 Continuing to face and move to the R (LOD): step fwd on L ft (heel first) (1), step fwd on ball of R ft (&), step fwd on L ft (2).

Repeat until leader signals for a change to "in-and-out step."

*Steps must have characteristic UP-down-UP-down lilt!*

### II. SECOND FIGURE ("in-and-out step")

- 1 Facing center: Step fwd (twd ctr) on R ft (1), step fwd (twd ctr) on L

crossed slightly in front of R ft, twisting lower body slightly to R (2), pushing off from L ft, step back on R ft in place, turning lower body back to facing ctr (&).

- 2 Step bkwns (away from ctr) on L (1), step bkwns (away from ctr) on R ft, crossed behind L ft, twisting lower body slightly to R (2), pushing off R ft, step on L ft in place, turning lower body back to facing ctr (&).

Repeat until leader signals change back to traveling step.

*Steps must continue to have characteristic up-down movement.*

Leader repeats each figure as many times as he or she pleases, generally phrasing the transitions to fit the music phrases. The leader calls the transitions with eye contact, hand signals and a hearty "opa!"

*Variation: Transitioning from traveling step to in-and-out step and back again, the leader (and the other dancers) may choose to take a single step on the L ft (on ct. 1) and hold it, with the R ft lifted behind the L ft, ready to step fwd on the R ft on the first step of the new figure.*

*Variation on Figure2 ("in and out"): Meas2 Step bkwns (away from ctr) on L (1), step to R on R ft, "twizzling" straight L leg in front of R ft and twisting lower body slightly to L (2), pushing off R ft, leap onto L ft to L, turning lower body back to facing ctr (&).*

Dance presented by Lee Otterholt

Dance notes by Lee Otterholt

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