

Janice

EASTERN EUROPEAN DANCES

GENERAL COMPARITIVE CLASS

SIFD Summer School

2002

Contents

OMAL KARS	Greece
VOSLE SADU	Russia
HORA FEMEILOR	Romania
HANIOTIKOS SYRTOS	Greece
SEJ SEJ BOB	Bulgaria
JAMBOLSKI TRITE PATI	Bulgaria
MOI MUZHENJKA RABOTZHUNGA	Russia
VALLE DARDHARE	Albania
HASSAPIKO	Greece

OMAL KARS

- Translation: Slow dance from Kars
Region: Pontos (Black Sea)
Rhythm: 4/4
Formation: Open circle, tight W hold
Introduction: 4 measures
Style: Steps are on the flat foot, rather percussive, knees relaxed. The body is upright, but very relaxed so that there is a continuous shaking movement, which occurs naturally as a result of the movement of the feet, and is not a separate movement of the body.
Source: Yannis Korosidis, 1995

<u>Meas</u>	<u>Count</u>	<u>Basic Step</u>
1	1	Facing centre, step to R side on R
	2	Step L across R
	3	Step to R side on R
	4	Stamp L beside R
2	1	Small step to L on L
	2	Stamp R beside L

Variation (i)

1	1	Facing centre, step to R side on R
	&	Close L to R
	2	Step to R side on R
	&	Close L to R
2	3	Step to R side on R
	4	Stamp R beside L
	1	Small step to L on L
	2	Stamp R beside L

Variation (ii)

1	1	Facing centre, step to R side on R
	2	Step L across R
	3	Step to R side on R
	4	Stamp L beside R
2	1	Small step to L on L
	2	Stamp R beside L
	3	Facing R diag, small step to R on R
	4	Stamp L beside R
3	1	Facing L diag, small step to L on L
	2	Stamp R beside L

VOSLE SADU

Rhythm: 4/4 (every tenth bar is a half bar)
Formation: Circle, V hold
Introduction: Three measures
Style: Smooth and flowing
Source: Hennie Konings, Vierhouten 1998

MeasBasic Step

1 Three steps fwd, R L R, pause on fourth count
 2 Repeat starting L
 4 - 9 Repeat bars 1 - 2
 10 Step on L, pause

Sequence

1 - 2 Facing centre, two basic steps fwd, arms coming up to W
 3 - 4 Two basic steps backward, arms coming down to V
 5 - 7 Three basic steps fwd, raising arms high overhead
 8 - 10 Turn under R arm with two and a half basic steps to finish facing outwards, arms crossed in front of waist

1 - 2 Turn back to centre, unwinding and finishing facing centre, arms high
 3 - 4 Turn under L arm, finishing facing outwards, arms crossed as before
 5 - 7 Letting go hands and rejoining in normal V hold, three basic steps fwd (facing outwards)
 8 - 10 Letting go hands again, two and a half basic steps in hair pin shape, finishg in normal LOD in V hold

1 - 4 Four basic steps fwd in LOD
 5 - 7 Turning half turn inwards to face L LOD, three basic steps backwards
 8 - 10 Letting go hands, make a circle to L with two and a half basic steps to finish facing centre, V hold

HORA FEMEILOR

Translation: Women's Hora
Region: Oltenia
Rhythm: 5/8
Formation: Circle, W hold
Source: Silviu Ciuciumis

Meas Count

1	1 - 2	Facing centre, step R across L, step to L side on L
2	1 - 2	Step R behind L, step to L side on L
3	1 - 2	Step R across L, step to L side on L
4	1 - 2	Step R across L, pause
5	1	Turning to face LOD, soft bounce on R, lifting L fwd low
	2	Step back on L
6	1 - 2	Step back onto R, step back on L, with bent knee
7		Repeat meas 6
8	1 - 2	Step back on R, pause
9	1 - 2	Facing centre, step L behind R, step to R side on R
10	1 - 2	Step L across R, step to R side on R
11-12		Repeat meas 7 - 8 with opp ftwk and dir
13	1 - 2	Facing centre, step fwd on R, small bounce
14	1 - 2	Step back on L, step R beside L
15	1 - 2	Step L across R, step to R side on R
16	1 - 2	Step L across R, pause
17	1 - 2	Place R heel on floor in front, close R foot to L
18	1 - 2	Place L heel on floor in front, soft bounce, lifting L low
19-20		Repeat meas 15-16
21-24		Repeat meas 17-20
25-28		Repeat meas 13-16
29-32		Repeat meas 1 - 4
33	1 - 2	Facing R diag, step fwd on L, join R to L
34	1 - 2	Step fwd on L, pause
35-36		Repeat meas 33-34 with opp ftwk and dir
37	1 - 2	Small step back on L ball of foot, step R across L
38	1	Small step back on L ball of foot
	2	Step R beside L, turning body to face centre
39		Repeat meas 37
40	1 - 2	Small step back on L, pause
41	1 - 2	Small step fwd on R, touch L ball of foot on floor in front
42	1 - 2	Touch L ball of foot on floor again, lift low in front
43	1 - 2	Two small steps back, L and R
44	1 - 2	Small step back on L, pause
45-48		Repeat meas 41-44

HANIOTIKOS SYRTOS

Region: Crete
Rhythm: 2/4
Formation: Open circle, W hold
Style: Small neat steps on the balls of the feet
Source: Maria Merodoulakis, Mary Markaki

<u>Meas</u>	<u>Count</u>	<u>Basic Step</u>
1	1	Facing centre, brush L foot fwd, raising R heel
	&	Lower heel
	2	Step on L behind R
	&	Small step to R side on R
2	1	Step L in front of R
	&	Pause
	2	Step R in front of L
	&	Step to L side on L
3	1	Step to R side in front of L
	&	Pause
	2	Step on L behind R
	&	Step to R side on R
4	1	Step on L behind R
	&	Pause
	2	Touch R toe on floor in front
	&	Step on R beside L

Variation 1

1 - 3		Repeat meas 1 - 3 of basic step
4	1 &	Step on L behind R, step to R side on R
	2 &	Repeat counts 1 &

Variation 2 "thalassa" - the sea

1 - 3		Repeat meas 1 - 3 of basic step
4	1	Step on L in front of R
	&	Step to R side on R
	2	Step on L behind R
	&	Step to R side on R

This is the dance most generally danced in Crete and, in Crete itself, it is simply called Syrtos. Outside Crete it is generally known as Kritikos Syrtos to distinguish it from many other Syrtos. Haniotikos means the dance from Hania.

There are many, many variations. Some of the more complicated ones would only be performed by the leader but many of the small, subtle variations are very common. Amongst these are a double toe tap in the basic step on meas 4, count 2 and delaying the steps on meas 2, count 1, and meas 3, count 1.

SEJ SEJ BOB

Region: Dobrudja
Rhythm: 7/8 (quick-quick-slow)
Style: Very earthy - back slightly arched, marked knee bend, all steps on to flat foot
Formation: Lines
Introduction: 16 meas
Source: Yves Moreau, London 2000

Meas Count

1	1 - 2	Facing LOD, body slightly inclined towards centre, step L across R
	3	Step fwd on R
2 - 4		Repeat meas 1 three more times
5	1	Facing centre, but inclining body to L, small step back on L
	2	Short sharp stamp R beside L, body leaning slightly fwd
	3	Centre body, step to R side on R
6	1	Bounce on R, raising and lowering R heel and lifting L in front
	2	Step fwd on L
	3	Short sharp stamp R behind L, R foot turned out
7	1	Step back onto R
	2	Bounce on R, raising and lowering heel
	3	Lift L in front
8 -10		Repeat meas 5 - 7
11	1	Facing centre, step to L side on L
	2	Stamp/scuff R
	3	Step R across L
12	1 - 2	Facing centre, step to L side on L
	3	Close R to L, no weight
13	1 - 2	Step to R on R
	3	Close L to R, no weight
14-15		Repeat meas 11-12
16	1 - 2	Step to R side on R
	3	Hop on R, lifting L crossed in front of R

JAMBOLSKI TRITE PATI

Region: Trakija
Rhythm: 2/4
Style: Very soft bouncy steps on flat foot
Formation: Short lines
Introduction: 4 measures
Source: Yves Moreau, London 2000

<u>Meas</u>	<u>Count</u>	<u>Section 1</u>
1	1	Facing centre, arms V hold, step fwd on R, arms swing fwd
	2	Close L to R without changing weight, arms to W
2	1	Step back on L, arms swing fwd and down
	2	Close R to L without weight, arms swing back
3	1	Step to R side on R, arms swing fwd
	2	Close L to R without weight, arms back
4	1	Step to L side on L, arms fwd
	2	Close R to L without weight, arms back
5 - 16		Repeat meas 1 - 4 three more times
17	&	Very small hop/bounce on L, lifting R just off floor, arms swinging fwd
	1	Step to R side on R
	&	Step L across R, arms swinging back
	2	Step R behind L in place, arms swing back
18		Repeat meas 9 starting L
19-24		Repeat meas 9 - 10 three more times

Section 2 variation (i)

1	1	Small hop on L, lifting R, arms swinging fwd
	&	Stamping step fwd on R
	2	Step on L behind R, arms swinging back
	&	Stamping step fwd on R
2	1	Step on L behind R, arms fwd
	&	Stamping step fwd on R
	2	Step L across R, body leaning slightly fwd, arms back
	&	Step R behind L
3	1	Hop on R, arms swinging fwd
	&	Step on L behind R
	2 &	Hop on L, step R behind L, arms swinging back
4	1 &	Hop on R, step L behind R, arms fwd
	2 &	Step R across L, step L behind R, arms back
5 - 16		Repeat meas 1 - 4 three more times

JAMBOLSKI TRITE PATI (cont)

<u>Meas</u>	<u>Count</u>	<u>Section 2 variation (ii)</u>
1	1	Hop on L, arms swinging fwd
	&	Stamp/scuff R
	2	Step fwd on R, arms swinging back
	&	Stamp L
2	1	Step fwd on L, arms fwd
	&	Stamp R
	2	Step fwd on R, arms back
	&	Stamp L, behind and close to R
3	1	Hop on R, arms swinging fwd
	&	Facing slightly L diag, step back on L, R leg to side
	2	Close R to L sharply, displacing L arms swinging back
	&	Step back on L, R leg to side
4	1	Close R to L, displacing L, arms swinging fwd
	&	Step back on L, R leg to side
	2	Close R to L, displacing L, arms swinging back
	&	Step L in place
5 -16		Repeat meas 1 - 4 three more times

Sequence: Section 1, section 2 variation (i), section 1, section 2 variation (ii)
 section 1, section 2 variation (i), 12 meas of section 1

MOI MUZHENJKA RABOTZHACHUNGA

Region: Pskov, near Estonia
Rhythm: 2/4
Formation: Couples, in circle
Style: Gliding walks, on balls of feet
Introduction: 2 measures
Source: Jan Knoppers, Great Hucklow 1992

<u>Meas</u>	<u>Count</u>	
1	1	Turning away from partner, step on R, arms low by sides
	2	Continuing to turn, step on L
2	1	Facing along LOD, back to partner, step on R
	2	Three stamping steps, L,R,L
3 - 4		Repeat meas 1 - 2 in opp dir
5 - 8		Repeat meas 1 - 4
9 - 10		Dos-si-dos around partner with eight fast gliding steps, passing by R shoulders first
11-12		With the next eight steps pass by partner's R shoulder and dos-si-dos around next person
13-16		Hooking R elbows and holding own hands, turn clockwise with sixteen fast steps, finishing in starting position
17	1	Facing centre and taking hands in V hold, small step to R on R, raising shoulders
	&	Close L to R, lowering shoulders
	2 &	Repeat meas 17, counts 1 &
18-20		Repeat meas 17 three more times
21	1	Facing centre, step fwd on R, arms start to rise to W
	&	Step fwd on L, arms continue to rise
	2	Step fwd on R, arms continue to rise
	&	Close L to R without weight
22		Repeat meas 21 with opp ftwk and dir, lowering arms to V
23-24		Repeat meas 21 and 22

VALLE DARDHARE

Rhythm: 4/4
Formation: Open circle, L hand touching left neighbour's side, elbow extended, R hand holding scarf
Introduction: One measure
Source: Martin Ihns, Oxford 1999

<u>Meas</u>	<u>Count</u>	<u>Sequence (i)</u>
1	1 - 2	Facing centre, step to R side on R, arm curves in front of body, palm facing inwards
	&	Step L behind R
	3 - 4	Step to R side on R, R arm moves out to side, palm facing outwards
2	1 - 2	Step L across R, arm moves in as in meas 1
	&	Step to R side on R
	3 - 4	Step L across R, arm moving outwards as in meas 1
3 - 16		Repeat meas 1 - 2 seven more times

Sequence (ii)

1	1 - 3	Travelling in LOD and finishing facing centre, make a full turn in three steps, R L R, extending R hand to side and circling overhead to finish in front of body
	4	Touch L foot beside R, taking scarf in both hands at chest level
2	1	Step fwd on L, pushing scarf fwd
	2	Step back on R, bringing scarf into chest
	3	Step L beside R
	4	Touch R beside L
3	1	Step to R side on R ball of foot, holding scarf on diag, R side high and lifting it slightly
	2	Step L across R, lowering scarf
	3 - 4	Repeat counts 1 - 2
4	1 - 2	Repeat counts 1 - 2, meas 3
	3	Step to R side on R
	4	Pause, letting go scarf with L hand and lowering it to R
5 - 8		Repeat meas 1 - 4 with opp ftwk and dir, but keeping scarf in R hand for meas 1 (reverse dir of circling)

VALLE DARDHARE (cont.)Sequence (iii)

1	1	Hands on hips, step to R side on R heel
	2	Step L behind R
	3 - 4	Repeat counts 1 - 2
2		Repeat meas 1
3	1	Step fwd on R
	2	Step back on L, R arm (still holding scarf) in "changing lightbulb" movement over these two counts
	3	Step R beside L
	4	Pause. R arm returns to hip over these two counts
4		Repeat meas 3 with opp ftwk and arm, turning R shoulder back to face outwards on first two counts and L shoulder back to return to face centre on second two
5 - 8		Repeat meas 1 - 4

HASSAPIKO

Origin: 'Hasap' is the Turkish word for butcher. This is the dance of the butchers' guild. It originated in Constantinople, but is now mainly danced in the islands and ports.

Rhythm: 4/4

Formation: Short lines, shoulder hold

Sources: Natassia Lemos, Nikos Zekis

<u>Meas</u>	<u>Count</u>	<u>Section 1</u>
1	1 - 2	Facing front, step to R side on R
	3 - 4	Touch L beside R
2		Repeat meas 1 to L, starting L
3		Repeat meas 1
4	1	Shunt fwd onto L with slightly bent knee
	2	Tap R foot behind L on ball of foot
	3 - 4	Swing R through to front
5	1 - 2	Small step back on R, lifting L crossed low in front
	3 - 4	Small step back on L, lifting R crossed low in front
6	1	Circle R, then small step to R side
	2	Step L across R
	3 - 4	Small step back on R
7	1 - 2	Small step fwd on L, lifting R low behind
	3 - 4	Small step back on R, lifting L low in front
8	1	Small step fwd on L
	2 - 3	Tap R foot behind L twice on ball of foot
	4	Pause
9	1 - 2	Swing R through to front
	3 - 4	Step R across L on heel, small step to L on L
10	1 - 2	Step R across L on heel, small step to L on L
	3 - 4	Step R across L on heel, lift L
11	1 - 2	Step L across R on heel, small step to R on R
	3 - 4	Step L across R on heel, small step to R on R
12	1 - 2	Step L across R on heel, lift R
	3 - 4	Step R across L, small step to L on L
13	1 - 2	Step R across L, lift L
	3 - 4	Step L across R, small step to R on R
14	1 - 2	Step L across R, lift R
	3 - 4	Step R across L
15	1 - 2	Step L across R
	3	Step R across L, dropping arms and making a half turn to L
	4	Close L to R, facing back
16	1 - 2	Step fwd on R, making a further half turn to L
	3 - 4	Close L to R, facing front and placing hands on shoulders again

HASSAPIKO (cont)

<u>Meas</u>	<u>Count</u>	<u>Section 2</u>
1	1 - 2	With feet tog, bend knees and swivel on toes to R
	3 - 4	Straightening knees, swivel on toes to L
2		Repeat meas 1
3 - 4		Repeat meas 1 - 2 with opp ftwk and dir
5	1 - 2	Turn toes outward
	3 - 4	Close toes
6	1 - 2	Turn R toe outwards
	3 - 4	Turn R heel outwards, swivelling on R toe (feet apart and parallel)
7	1 - 2	Close R heel
	3 - 4	Close R toe
8	1	Circle R, then small step to R side
	2	Step L across R
	3 - 4	Small step back on R, small step back on L
9	1 - 2	Step R across L, step to L side on L
	3 - 4	Step R behind L, step to L side on L
10	1 - 2	Step R across L, step to L side on L
	3 - 4	Step R behind L, lift L (grapevine)
11	1 - 2	Step L across R, step to R side on R
	3 - 4	Step L behind R, step to R side on R
12	1 - 2	Step L across R, step to R side on R
	2 - 4	Step L behind R, lift R
13	1	Cross R over L
	2 - 4	Letting go arms, do a full turn on both feet
14	1 - 2	With feet tog, jump fwd
	3 - 4	Jump backwards
15	1 - 2	Stamping step on L, lifting R
	3 - 4	Hop twice on L
16	1 - 2	Swing R foot through to front, then jump on to R, kicking L high and slapping L with R hand
	3 - 4	Close L to R

ABBREVIATIONS

R	Right
L	Left
LOD	Line of dance (facing or moving counter-clockwise)
LLOD	Left line of dance (facing or moving clockwise)
CW	Clockwise
Opp	Opposite
CCW	Counter-clockwise
Ftwk	Footwork
Diag	Diagonal
Meas	Measure