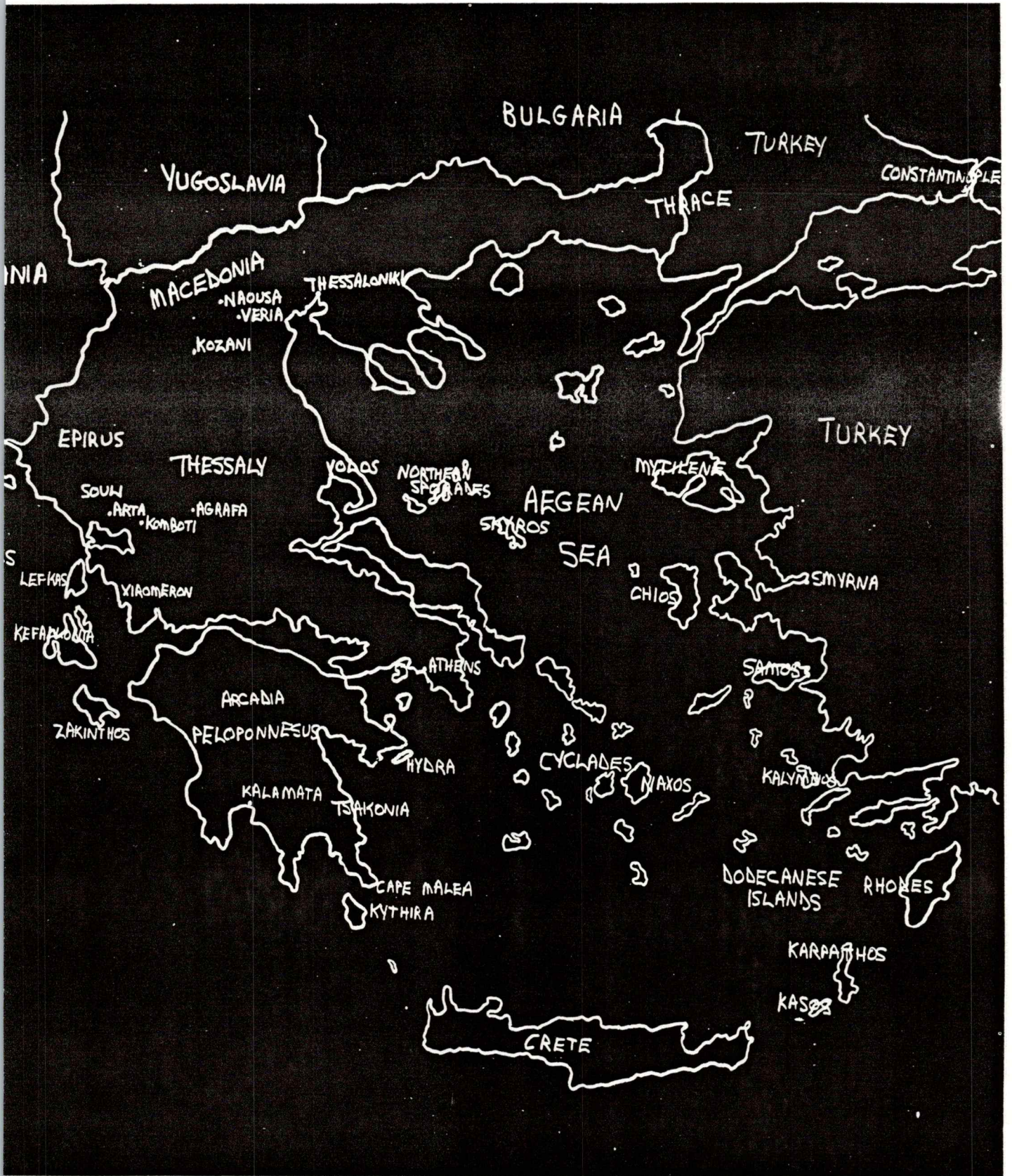




BERT PRICE
PROFICIENCY AWARDS.

NOTES FOR THE GREEK DANCES.

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on 9th May, 1987.



K A R A G O U N A .

Thessaly.

Open circle. Hands down. Face a little to L.O.D.

1st Part.

To R step R, Step L, Step R turning to face centre.

Point L forward (into circle) and Step back on L (out of circle.)

Keep weight on L and Point R back (out of circle.)

" R forwards (into circle) and again

" R back.

(As you do these points there is a little body movement and a small bend at the knee but don't exaggerate this.)

When the music changes.

Link.

Face centre.

Side R (slight shoulder sway) close L.

Repeat this side close 3 more times.

* Stamp R in place and then bring across (turning slightly to back L.O.D. and use L knee to give two small bounces).

Face centre to touch L in front (keeping weight on R.)

Repeat from * on opposite feet.

(Start with Stamp L and facing L.O.D. slightly as cross L in front going R.)

Last Part.

Immediately after this Step R (going R) bringing hands up to W position as music changes to a Kalamatianos.

L behind, Forward & skip R, Forward L,

Forward R, forward L, forward R,

Cross L in front (R lifts behind as this happens)

Place R (back. now going to L but still facing L.O.D.)

Skip on this R as back L, back R, forward L.

This Kalamatianos part is often repeated 4 times (varies with music. Then back to 1st Part. Hands down on 1st beat.

Open circle. W hold. Face Centre.

Basic.

Weight on R *bounce on R as brush L in front & round to
Step behind L.

Side R.

Turn slightly to R as cross L in front.

Turn to L (backing L.O.D.) *springing off L (which becomes back ft.)

Forward R (going to L) (This feels like crossing over with
the turning movement.) =

Forward L, *forward R with small hop on it as bring L up behind +

Back on L (going to R) to face centre for Side R

Cross L in front* close R with bounce.

(Keep weight on R ready to start again.)

Note: The "bouncy" steps take up slightly more time.
Marked with * to draw attention to them and
(hopefully) make it easier to keep to the rhythm,
but don't overdo it.

Variations.

1. Turn to R (L.O.D.) on that L + after you have brought
it up behind.

The following R and L turn you to face front again
with feet together facing centre, as you close R.

2. Instead of facing to the L at = remain facing centre
and after that forward R (which does turn the body a
little) Side L, behind R* L behind (and now go to R)
side R, cross L * close R ready to start again.

Z O N A R A D I K O .

Thrace.

First Part. W Hold. Progressing R.

Basic.

Long forward step R, close L, long forward R,
Forward L turning to face centre as join R foot (ball) to L.
(no weight on R foot).

- * Back out of circle onto R, back L, bringing arms down slowly
- Back R lift L in front (arms up again)
- Back L lift R in front (lift knee & do not point toe in air.)

1st Change.

Forward R, step L, Forward changing step (R, L, R.),
Repeat changing step (L, R, L.)
Repeat from * to end of basic.

2nd Change.

Hands remain in W hold throughout.
As for Basic until the lifts, when instead it is
Describe half a circle with L to behind R & bend both knees.

3rd Change. (for men to change.)

Basic step for one.
Take belt hold as do another basic.
Face centre & do all variations in & out of circle.

MEN'S STEPS.

No sideways travelling.

4th Change.

Forward into circle with R, close L, step R, step L.
Form a quick toes tog. heels out pigeon-toed position,
click heels tog. as quickly lift L by R knee and
Back L, back R, lifting L, back L lifting R.

5th Change.

Into circle step R, close L, step R, step L,
Lift R diag. out in front and sweep back to cut L ft.,
Back L, back R lifting L, back L lifting R.

6th Change.

Both ft. tog. stamp diag. forward to r, then diag. to L
Forward stamp R, hop on it, L, pigeon-toed
and finish as for 4th change.

Personal Notes.

P E N D O Z A L I .

Crete

Slow.

W hold. Progressing R.

Step R, touch L (close to R), step L, touch R,
Diag. back out of circle R, lifting L in front,
back L lifting R in front.

Smoothly. Quite large steps. Relaxed feet.

Quick.

Shoulder hold. Keep arms straight and face centre.

Step L, hop as bend R behind, hop again as straighten R in front,
Step R, bring L to R ankle (off floor),
side L (to L) cross R in front slightly, back on L.

* Side R, close L, side R, hop on R as lift L behind and
again as straighten it in front.

Variation 1.

Basic to * leave R leg (off ground) in front,
scissors (3 changes of ft.) and lift L up to R shin slightly &
quickly (little flick).

Variation 2.

Basic to * step R, slap L down in front (on floor) and lift L.

Variation 3.

Basic to * Step R slap L twice on floor in front.

Variation 4.

Basic to * circle R ft behind L, take wt. on R and small flick L.

Variation 5.

Basic to * Leave R in front for quick scissors and stamp ft. tog.
with L in front of R, pause.

Personal Notes.

Z A G O R I S S I O .

Epirus.

W hold. Open circle. Women facing slightly L.O.D. of centre.
Men face centre and keep their W hold wide (for balance.)

WOMEN'S STEPS.

Weight on R, point L forward, point L back (in a straight line).
Step forward L, bringing R to close but no weight on it.
*Side R, cross L in front and again
Side R, cross L in front.
Cross R over in front and step on L (in place where it is), again
Cross R over in front touch L.
Step back diagonally out of circle, L, R, L and close R.

MEN'S STEPS.

Basic.

Bounce twice on R lifting L up in front (rt. angles at joints.)
and turning $\frac{3}{4}$ L.O.D.
Place L, touch R (close.)
Bounce twice on L lifting R up in front.
*Side, cross, side, cross (as women).
Step R lift L up in front.
Back out of circle as women L, R, L and close R.

Turn.

Turn crisply on the two R bounces so face centre on the L.

Instead of the touch R lift it up for balance.

* Side R, cross L in front, side R over L.

Hop on L twice turning to L with R lifted up.

Face centre as step R lifting L.

As before back L, R, L and close.

Variation.

Two hops on R, Hop L into circle with a bent knee,

bringing R bent across in front by L knee.

Lean well back. (Aim should be for back to be parallel to floor.)

Open out circle again as do the * Side R, cross L, side R cross L.

Two hops on L, hop R,

As before back L, R, L and close.

Personal notes.

B A I D O U S K A .

Mac.

W hold. Face centre.

Step L, swing R across low and straight.

Step R " L " " " "

Step L, cross R in front with stamp, back on L (in place),
bring hands down on the cross R and up again. Arms smoothly,
a little bit up before drop them and again as the arms come up again

Turn to R, step R, step L Step R (skippy steps progressing R)

Face centre and go back on L (to L), cross forward with R,

back on L again progressing a little to L and forward cross R,

Repeat this again (3 times in all this step to L)

All the time doing this bit to L bend slightly forward and
keep arms lifted out and away from body at about waist height.

VARIATION IN COUPLES.

Man is in front.

At very start face partner and join R hands across for the
L swing R, R, swing L,

Then step L, step R to make a $\frac{1}{4}$ turn. Always facing your partner

Repeat this $\frac{1}{4}$ turn 4 times (5 in all) back into line position
for the last one so that the stamp lifts are again facing centre.

Can continue with couples or back to simple as above.

PERSONAL NOTES.

W hold.

Progressing R.

Basic.

step L,

Step forward R, close L, step R, /facing centre dab R in front, pause, back on R, take L diag. behind out of circle pause.

Forward L crossing a little,

* Side stamp R, hop on it, lifting L up behind R knee turning to L,

Step L, R, step L (rock/changing step),

Step R, step L facing centre, lifting R in front ready to go to R with that R ft.

Variation 1.

Step forward R, close L, step R (as before),

Turn R with L and back to face centre for the dab R in front, pause, back on R, take L diag behind out of circle pause (as before)

Forward L crossing a little, (as before)

Side stamp R, hop on it, lifting L up behind R knee turning to L,

Step R, R, L (rock/changing step). (as before)

Turn L on the step R, step L facing centre and lift R ready .

Variation 2.

Basic to * Join R and bend knees tog. clap hands,

Come up as high as can in air off R, bending L out diag to side & slapping it.

+ Turning to R cross L, R, L (changing step), face centre step R, L facing centre as lift R ready for LOD.

Variation 3.

Basic to * hopping on that L lifting R behind from knee,

hop again on L, straightening the R in front,

down on R lifting L behind. from + in V 2 above.

Variation 4.

Basic to * (making the cross L longer than usual though)

lift R, step on R, kick L forward and then slap it on foot.

(lift leg straight as high as can). from + to end.

Variation 4.

Step R lift L a little, L on spot, R, lift L a little,

L on spot, R lift L, step L * to end.

SOUSTA.

Rhodes.

Springy, bouncy and very small steps.

Open circle. Arms crossed in front, (Left over) all lifted to shoulder height (W variation.)

(Note: Your own arms out to side and take your next door but one neighbour's hands, with your arms across your neighbours' bodies. Often used in other Balkan dances. Here make sure that you keep your hands high - don't let them sag or be a burden to your neighbour!)

Face centre all the time.

Basic. Side R, close L and bounce on both.

Repeat this.

Forward into Centre with L, close R and bounce on both.

Variation.

Coming back out of the circle.

Small spring back on R, pushing L across in front (simultaneously).

Similar small spring back on L, pushing R across.

Another small spring back on R pushing L across.

Leave feet there and bounce in that position.

Forward into circle with L, close R and bounce.

(This time keep weight on L so that you are ready to start again.)

M E L I T S A .

Lefkas.

W Hold. Face centre. Progressing a little to R with 1st step.

Step 1.

Side R, behind L, Side R, quick L cross in front and quick back on Side L, quick R cross in front, quick back on L.

Step R, rock slightly back on a quick L and quick forward R, forward L, cross R over (toe by outside of L ankle), back R, back L, (out of circle), side R, quick over L and quick back R, Side L, quick over R in front and quick back L.

Repeat this 3 times the first time and then twice.

Step 2.

Step R, behind L and forward on to R (in place - sort of rock), Jump forward on to L dipping at knee and raising R behind at back.

(but not stuck out).

Out of circle with back R, back L,

Side R quick cross L in front and quick back on R in place.

Side L " " R " " " " " " L " " .

This doesn't travel at all.

Repeat this twice the first time and 9 times the second.

(dance this step to end of music.)

Personal Notes.

PLATANIOTIKO NERO.

Aegian Islands.

Open circle. W hold. Moving to R.

Back R, back L, Close R, Back L.

Side R (facing centre), close L side R,

Forward L, close R, forward L

Turn to back L.O.D. as touch with R (keeping weight on L)

Travel on the steps and keep it lively.

PERSONAL NOTES.