

MANDINADES:

There are hundreds of known Mandinades, and a versatile dancer and singer often composes his own distich on the spur of the moment and in sympathy with the mood of the occasion. (A distich refers to a couplet or 2 lines of verse making complete sense.) These basic Mandinades are typical of the islands of the Aegean Sea and especially of the island of Crete. The term "Mandinades" refers to "spontaneous songs and dances" and has, as in the case of the Sousta, an origin as ancient as that of the more familiar syrtos. Because of regional differences, each island has its own unique and individualistic series of Mandinades which are characteristic of the inhabitants of that specific island group, as in the case of the Cyclades (Kyklades), Dodecanese and Ionian.

Formation: Small groups of four or five persons, no ptr necessary, leader at R end, hands on shoulder of adjacent dancer. Leader may carry handkerchief in R hand to flourish at will. Person at L end keeps free hand or fist in back, waist high. Face ctr throughout ALL step-patterns.

<u>Meas.</u>	<u>Pattern</u>
	I <u>KASTRINOS (Eraklion, Crete, sometimes referred to as Kastro).</u>
1	Moving slightly fwd twd ctr, dance one "he 1 pas de basque": step R (ct 1); step lightly on L heel across in front of R (ct &); step R (ct 2).
2	Repeat action meas 1 with opp foot-work.
3	Step-hop fwd: step R (ct 1); hop R, raising L ft bwd; toe down, knee bent, thigh only slightly lifted. (ct 2).
4	Repeat action meas 3 with opp foot-work.
5	Backing away from ctr, dance one step-hop on R, raising L ft to rear as in meas 3.
6	Dance one "bwd pas de basque"; step bwd on L (ct 1); step R across behind L (ct &); step L (ct 2).
7	Repeat action meas 6 with opp foot-work.
8	Step on L (ct1); lift R toe up, knee bent, thigh lifted only slightly (ct &); thrust R diag fwd to L, heel down and a few inches from the floor, toe pointed up, knee straight (ct 2).

Repeat action of these 8 meas until change is called by leader.

II SOUSTA (Rhodes, Dodecanese).
This figure demonstrates the springy action of a carriage being driven over a rocky road.

- 1 Leap fwd onto R (ct 1); hop on R (ct 2); step diag fwd to L on L (ct &).
- 2 Step diag fwd to R on R (ct 1); step diag fwd to L on L (ct 2); step very slightly fwd on R next to L (ct &).
- 3 Step on L in place (ct 1); hop on L, raising R thigh only slightly so that R ft is raised in back, toe down (ct 2).
- 4-6 Move bwd away from ctr, repeating exactly the same footwork of Fig II, meas 1-3. Repeat action of these 6 meas until change is called by leader.

III KARIOTIKOS (Icaria, Cyclades)

- 1 Step on R in place (ct 1), hop on R (ct 2); step on L behind R (ct &). (This step is like the "tuck-step" of "U SEST").
- 2 Step on R (ct 1); step to L on L (ct 2); step on R next to L (ct &).
- 3 Step fwd on L with emphasis (ct 1); step on R back in place (ct 2); step on L next to R (ct &). Repeat action of these 3 meas until change is called by leader.

NOTE: Leader may call step patterns in any sequence he chooses. However, since the transition from Fig III to Fig I is awkward, the following transition-step should be used.

TRANSITION-STEP--to be used only when Fig I is called to follow Fig 3.

- 1-2 Dance the action of Fig III, meas 1-2 only.
- 3 Step fwd on L with emphasis (ct 1); hop on L (ct 2).
- 4 Step fwd on R (ct 1); hop on R (ct 2).
- 5-7 Dance action of Fig. I, meas 6-8.

Now dance the complete action of Fig I (meas 1-8) until change is called by leader.