

Presented by Ted Sofios

O Y A T R O S

Epiros, Greece

Means "The Doctor"

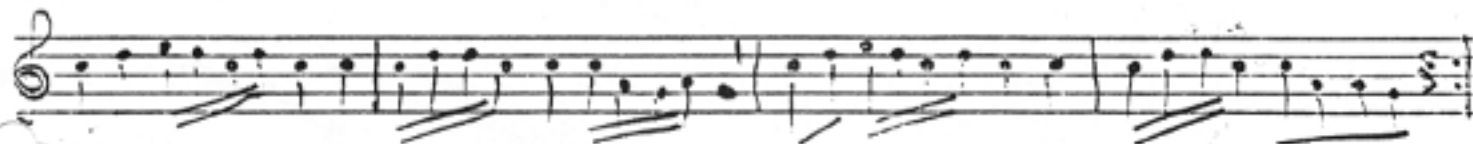
I learned this dance from Ioanni Doukas, Dance Instructor of the Lykeon Ellinithon of Thessaloniki. He learned it from the leader of the Lykeon Ellinithon of Ioannina, Epiros. (The Lykeon Ellinithon is a society of Greek women whose purpose is to preserve traditional costumes and dances and present them to the public.)

John Pappas has taught a similar 6-step dance called Sta Tria, 3/4 time.

RHYTHM:	4/4
RECORD:	"DANCES OF GREECE" EP No. 7901
MUSIC	Then Boro Manoula
L.O.D.	Right
HOLD:	"W", slow, proud, restrained.

Nobody does or says it better than John Pappas when it comes to Epiros. This quote is from the Stockton Dance Syllabus of 1976. "Like most dances of Epiros, the movements are generally slow and stately. The feeling is proud and the dance should reflect this in the style of the dancers. There is a tension in the movements--this is not to say they are stiff and jerky! The movements should be slow and fluid, but controlled at all times. Rather than moving immediately there is usually a slight delay to each movement."

<u>MEASURE:</u>	<u>STEP:</u>	<u>BASIC:</u>
I	1	Facing Right
	2	Step L.O.D. on right foot
	3	Step L.O.D. on left foot
	4	Step to right on right foot and face ctr.
II	5	Lift left foot in front of right
	6	Step to left with left foot
	7	Lift right foot in front of left
	8	Step on right foot around behind and to left of left foot
		Step on left foot next to right (close)

*Continued...*

Variations on level two

R back & bend twice



(or turn back & then bend)

turn just 3 steps



eyes down last two

turn (pivot) on back step

Leap cross close fast three ~~steps~~

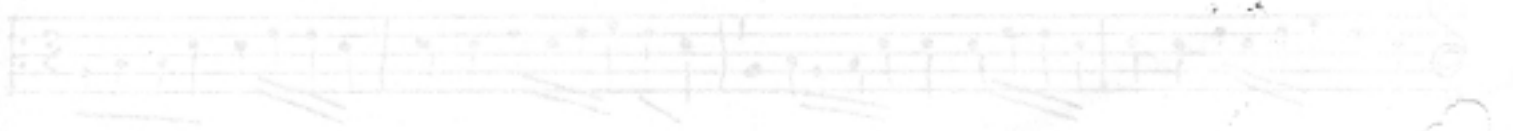
Squat walks

Pivot c/w on last ct

cross fwd, stop back ~~ct~~ instead of left

~~step fwd R, leap fwd~~ but coming across knee

MEASURE	STEP	PASSAGE
I	1	Facing Right
	2	Step L.O.D. on right foot
	3	Step L.O.D. on left foot
	4	Step to right on right foot and face left
II	5	Left foot in front of right
	6	Step to left with left foot
	7	Left right foot in front of left
	8	Step on right foot around behind and to left of left foot
	9	Step on left foot next to right (close)



Continued...