

OMÁL KERASOUNDÉIKON — Pontos

Ὀμάλ Κερασούντικον

(Circle or line dance, no partners)

Translation: Smooth or Not Vigorous (as in the dance) from the town of Kerasós (now Giresun, Turkey) on the Black Sea.

Rhythm: 9/16 (♩♩♩♩♩) counted 1-and, 2-and, 3-and, 4-and-ah, or "quick quick quick slow".



Starting Position: "W" position. Left foot free.

Measure

VARIATION I — Basic

- 1 ♩ Facing slightly and moving right, STEP FORWARD on LEFT foot (counts 1-2),
♩ ROCK slightly backward on RIGHT foot IN PLACE (count 3),
♩ STEP FORWARD on LEFT foot (count 4).
- 2 ♩ Turning to face slightly left, but still moving right, STEP BACKWARD on RIGHT foot (counts 1-2),
♩ Continuing, STEP BACKWARD on LEFT foot (count 3),
♩ Turning to face slightly and moving right, STEP FORWARD on RIGHT foot (count 4).

VARIATION II — Hop-step

- 1-2 As I above except hop-step* on counts 1-2 of each measure.

VARIATION III — Pas de Basque

- 1 ♩ HOP on RIGHT foot IN PLACE (count 1),
♩ CROSS AND STEP on LEFT foot in FRONT of right, bending knee (count 2),
♩ A slight LEAP back on RIGHT foot IN PLACE (count 3),
♩ CLOSE AND STEP on LEFT foot beside right (count 4).
- 2 REPEAT pattern of measure 1 reversing direction and footwork.

VARIATION IV

- 1 ♩ HOP on RIGHT foot IN PLACE (count 1),
♩ CROSS AND a slight LEAP on LEFT foot in FRONT of right, displacing and swinging right foot backward (count 2),
♩ CROSS AND a slight LEAP on RIGHT foot in BACK of left, displacing and swinging left foot forward (count 3),
♩ CROSS AND a slight LEAP on LEFT foot in FRONT of right, displacing and swinging right foot backward (count 4).
- 2 ♩ REPEAT pattern of measure 1 reversing direction and footwork.

*See Glossary.