

Omál Trapezountéikon

(Greece-Pontos)

Omál Trapezountéikon (oh-MAHL trah-peh-zoon-DAY-ee-kohn) was presented by John Pappas, at both the 1976 and 1977 University of the Pacific Folk Dance Camp. The name means "Smooth dance from the city of Trapezous". Other names are Diplón Omál (double Omál) or Lemóna (a girl's name). The dance comes from Greeks who once lived near the Black Sea, in the area called the Pontos. For over 2,000 years, they maintained their customs, dances, religion and language. About 50 years ago, in a population exchange of nationals with Turkey, they were returned to Greece. Many of the ancient Greek words are still found in their speech.

MUSIC: Folkraft LP-6 Side B Band 4
Panivar YPA 5038 Side B Band 1

9/8 meter  
quick, quick, quick, slow Counted here as 1,2,3,4

FORMATION: Open circle, "W" pos, hands comfortably back near shldrs, facing ctr.

STYLING: Steps are small, with no large movements, kept low to floor. The swing is almost a lift of the free ft with just a slight fwd motion. The knee of the free leg is bent.

MUSIC 9/8

PATTERN

Measures

I. BASIC STEP

- 1 Step fwd on R ft twd ctr of circle (cts 1, 2); step lightly fwd on L ft (ct 3); stamp or touch R ft lightly next to L ft, no wt (ct 4).
- 2 Step back on R ft (ct 1); swing L across in front of R ft (ct 2); step on L ft to L (ct 3); step quickly on R ft to R (ct &); swing L ft across in front of R ft (ct 4).
- 3 Step on L ft to L (ct 1); swing R ft across in front of L ft (ct 2); step on R ft to R (ct 3); step quickly on L ft to L (ct &); swing R ft across in front of L ft (ct 4).

II. VARIATION I

- 1 Repeat action of meas 1 (Basic Step)
- 2 Step back on R ft (ct 1--2); step fwd on L ft (ct 3); step back on R ft (ct 4).
- 3 Step to L on L ft (ct 1); touch R ft in front of L ft (ct 2); touch R ft diag fwd to R (ct 3); touch R ft in front of L ft (ct 4).

III. VARIATION II

- 1 Repeat action of meas 1 (Basic)
- 2 Step back on R ft (ct 1); swing L ft across in front of R ft (small bounce on R heel) (ct 2); step to L on L ft (ct 3); swing R ft in front of L ft (small bounce on L heel) (ct 4).
- 3 Step to R on R ft (ct 1); swing L across in front of R ft (small bounce on R heel) (ct 2); step to L on L ft (ct 3); swing R ft in front of L (small bounce on L heel) (ct 4).

NOTE: Variations may be done whenever the leader or dancer is so inclined. Adjacent dancers may continue with basic step or do a different variation without affecting rhythm.