

R+S

# WEEKEND INSTITUTE OCTOBER

16  
17  
&  
18  
1981



# CAMP HESS KRAMER



## DANI & JUDY DASSA

- ✓ Erev Shel Shoshanim
- ✓ Oneg Shabbat
- ✓ Rachel
- ✓ Shdemati

*✓ ~~Le Moadati~~*  
*2 times Israel!*  
*(Wednesdays)*  
*once to Maria*

## TED SOFIOS

- ✓ Ais Giórgis
- ✓ Gáida
- ✓ Karagouna
- ✓ Makedonikos Horos
- Nesiotiko Syrto
- ✓ O Yatros

*✓ Syrto Psyllos*

Name: \_\_\_\_\_

KP duty: \_\_\_\_\_

CAMP HESS KRAMER

Oct. 16-18, 1981

SCHEDULE

FRIDAY:	5:00-7:00 pm	Registration
	7:30	Dinner
	8:30	Dancing
SATURDAY:	8:00-8:45 am	Breakfast
	9:00-10:15	1st Class -- Dani Dassa
	10:15-10:30	Break
	10:30-11:45	2nd Class -- Ted Sofios
	12:00 noon	Lunch
	1:30-2:45 pm	3rd Class -- Dani
	2:45-3:00	Break
	3:00-4:15	4th Class -- Ted
	5:30-6:30	Happy Hour (Gildred Hall)
	7:00	Dinner
	8:30	Evening Program
SUNDAY:	<u>Before</u> 9:00 am	Check out of Cabin
	9:00 am	Breakfast
	10:00-11:00	1st Class -- Dani
	11:00-11:15	Break
	11:15-12:15	2nd Class -- Ted
	12:30	Lunch
	By 2:00 pm	Leave Camp

note: Cabins must be emptied by 9:00 am Sun. morning; leave Camp by 2:00 pm.

KP duty is 15 minutes earlier than meal times (all classes end 15 min. before meals, so you won't miss any dancing!)

All Dancing and Teaching are up in Gildred Hall (Happy Hour, too).  
All meals are in Dining Hall.

HAPPY DANCING!

KARAGOUNA  
Thessaly, Greece

PRONUNCIATION: Kahr-ah-goon-ah

RECORD: Folkraft LP-3, Side B, Band 1.

FORMATION: Lines in <sup>away</sup> "W" pos

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METER: 4/4 and 2/4                      PATTERN

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Meas.

INTRODUCTION: 8 meas (start w/vocal)

4/4 MUSIC A, PATTERN I:

- 1 Facing slightly R and moving to R, walk R,L (cts 1-2); turning to face ctr, step R to R (ct 3); touch L heel diag L and lean bkwd to make a straight line with upper torso, and wiggle toes of shoe (Tsarouhi) to show off "pom-poms" (Founda) (ct 4).
- 2 Repeat meas 1 to L with opp ftwk.

MUSIC A, PATTERN II: "BEHIND" STEP

- 1 Facing ctr and moving sdwd to R, step R to R (ct 1); step L behind R (ct 2); step R to R (ct 3); repeat meas 1, ct 4 of Music A-I (L heel diag L)(ct 4).
- 2 Repeat meas 1 to L with opp ftwk.

MUSIC A, PATTERN III: "IN PLACE"

- 1 Repeat either Pattern I or II, meas 1.
- 2 Step L next to R (ct 1); touch R toe bkwd (ct 2); touch R heel fwd - wiggle "Founda" (ct 3); touch R toe bkwd (ct 4).

MUSIC A, PATTERN IV: "KICK OUT"

- 1 Facing slightly R and moving to R, walk R,L (cts 1-2); turning to face ctr, step R to R (ct 3); close L to R as if kicking R out (ct 4).
- 2 Place R heel <sup>diag</sup> in front of L and wiggle <sup>diag</sup> "Founda" (ct 1); close R to L "kicking" L out (ct 2); place L <sup>diag</sup> heel in front of R and wiggle "Founda" (ct 3); close L to R (ct 4).
- 3-4 Repeat meas 1-2 to L with opp ftwk.

NOTE: The above patterns are interchangeable with Music A which runs for 8 meas (mix and match as you like).

4/4 MUSIC B, PATTERN I: "GOUNA"

- 1 Facing ctr and moving sdwd, step R to R swiveling <sup>(head moves w/ shldr)</sup> ~~upper torso~~ body to L (ct 1); slide L next to R and straighten shldr (ct 2); repeat cts 1-2 (cts 3-4).

- 2 Repeat meas 1, 7 more times to R (8 in all).

*w/ bent knees*

*body turning diag L as hops  
are done across body*

MUSIC B, PATTERN II: "HOP-HOP"

- 1 A Small jump in place with both ft together (ct 1); hop twice on L while swinging R across L (ct 2,&); step R in front of L (ct 3); point L toe fwd L (ct 4).  
*turning to face center*
- 2 Repeat meas 1 with opp ftwk and direction.

2/4 MUSIC C:

- 1-2 Facing slightly R and moving to R walk fwd with 6 steps, start R in a slow-quick-quick rhythm (cts 1,&,2 - 1,&,2).  
*may be steps*
- 3 Turning to face ctr, step R to R (ct 1); face slightly R and point L toe fwd (ct 2).  
*or slight touch across*
- 4 Repeat meas 3 with opp ftwk and direction.

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Presented by Ted Sofios

O YATROS  
Epiros, Greece

Ted Sofios learned this dance from Ioanni Doukas, Dance Instructor of the Lykeon Ellinithon of Thessaloniki. He learned it from the leader of the Eykeon 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.)

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."

This dance was taught by Ted Sofios at the 1979 San Diego S.U.F.D. Conference.

RECORD: Dances of Greece (EP) 7901, Side 1, Band 2 (Then Boro Manoula)

FORMATION: A line of dancers facing LOD. Hands in "W" pos. Slow, proud, restrained. *Lines may be segregated or mixed; is Men's*

METER: 4/4

PATTERN

*Dance - w dance lower, more restrained,*

Meas. Cts.

BASIC:

- |   |   |  |
|---|---|--|
| 1 | 1 | Facing R and moving LOD, step on R.                      |
|   | 2 | Step on L.   |
|   | 3 | Step on R to R and face ctr.                             |
|   | 4 | Lift L in front of R.                                    |
| 2 | 5 | Step on L to L.  |
|   | 6 | Lift R in front of L. <i>Leg sweeps around &amp; up!</i> |
|   | 7 | Step R behind and to L of L. Both knees bent.            |
|   | 8 | Step on L next to R (close).                             |

VARIATION I:

Cts 1-2 Turn CW stepping R,L in LOD. M's arms up "like eagles", W's hands on hips, fingers fwd.

VARIATION II:

Cts 5-6 Pivot turn to L on L. Lift R.

VARIATION III:

Cts 7-8 R knee lowers almost to ground for bounce (keep back straight). This is a M's step.

VARIATION IV:

Cts 7-8 Dip on Knee and turn bkwd to R, raising on ct 8.

VARIATION V:

Cts 1-4 "Greek Walk" to R, dipping knee almost to floor; straighten up to lift L (ct 4). This is a M's step.

*TA-turn in LCD w/ steps*

VARIATION VI:

Cts 1-8 *kick* *may add steps* *Variations* Pa de Basque (PDB) with leaps: Step R,L (cts 1-2); PDB to R (cts 3,4,&); PDB to L (cts 5,6,&); large leap to R on R (ct 7), step L across R high in air (cts 8). Note legs are kicked high in the air on leaps and cross on cts 7-8.

The variations may be used in almost any combination. Many other combinations may be added within the basic frame work.

Styling: All dips and squats, etc. are done with straight backs. In Basic Step, M lift legs almost parallel to floor. W touch toe in front instead of lift.

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*etc*  
*7-8* Var. VII  
*"swing out" - R leg swings in, out, in*

Var. VIII  
*CCW turn*

*note: dance called by leader*

EREV SHEL SHOSHANIM  
Israel

TRANSLATION: Night of roses.

PRONUNCIATION: EEr-eev Shell Shoh-shah-neem

CHOREOGRAPHY; Dani Dassa

RECORD: RIKUD, (LP), Side B, Band 6.

FORMATION: Cpls facing with M back to ctr with hands joined down.

METER: 4/4

PATTERN

*note: all hand movements (touches, snaps)*

Meas. Cts.

INTRODUCTION: 8 meas (begin w/ *are about chest lit unless otherwise noted*)

PART I: Ftwk same for both unless noted

- 1 Yemenite R. *→ across*
- 2 1-2 Step L in front of R; *(ptrs L shldr come almost tog)*  
3-4 Pivot on L and make 1/4 turn L; close R to L - hands *touch palm*  
~~joined~~ at shldr level.
- 3 1-2 Step R to R, body and hands sway R; Step L to L;  
3-4 Close R to R, touch ptrs hands; hold. *(fingers)*
- 4 1-2 Step R back, lower R hand; step L fwd, raise R hand with  
both palms facing you;  
3-4 Close R to L, touch back of R hand to L; hold.
- 5 1-2 Step R back, slap own thighs with hands; step L fwd;  
3-4 Lift R fwd, snap fingers with hands crossed R over L.
- 6 1-4 Yemenite R with hop, join R hands.
- 7 1-2 Step L to L, Snap L hand; step R to R; *body bends at waist look away*  
3-4 Pivoting 1/4 touch L in front of R, touch *ptr L hand. face ptr (ct 1)*
- 8 1-2 Releasing hands step L, R bkwd;  
3-4 Close L to R; hold.
- 9-15 Repeat meas 1-8.

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MEN

WOMEN

- |   |   |                            |
|---|---|----------------------------|
| 1 | Release L hand, step L back   | Step L fwd                 |
| 2 | Step R to R   | Step R fwd making 1/2 turn |
| 3 | Close L to R  | Close L to R               |
| 4 | Hold. W stands to M's R, L hands joined in front, R hands joined behind W at shldr level. |                            |

PART II:

- 1 1-2 Step R fwd;  
3-4 Step L fwd.
- 2 1 Step R back;  
2-3 Step L, R fwd;  
4 Hold. *facing RLOD*
- 3 1-2 Pivot 1/2 to R on R; step L back; *(in LOO)*  
3-4 Step R back.
- 4 1 Step L fwd;  
2 Pivot 1/2 to L on L; *to face LOO*  
3-4 Step R, L back.
- 5 1-4 Double Cherkessia, begin R: Rock R fwd; step L back in place; rock R bkwd; step L fwd in place.
- 6 1-2 Rock R fwd; step L back in place;  
3-4 Close R to L; hold.
- 7-12 Repeat Meas 1-6.

	<u>INTERLUDE</u> : Begin in orig pos, release hands	
1	<u>MEN</u>	<u>WOMAN</u>
1-2	Step R, turn 1/4 R	Step R,L, turn 3/4 R
3	Close L to R	Close R to L
4	Hold	Hold

Repeat dance from beginning.

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Presented by Dani Dassa

*Ending: may end by going down on L knee*



RACHEL  
Israel

TRANSLATION: A woman's name

PRONUNCIATION: Rah-hell

CHOREOGRAPHY: Dani Dassa

RECORD: RIKUD, (LP) Side A, Band 1

FORMATION: Cpls with M back to ctr, both hands joined and down

METER: PATTERN

Cts.

INTRODUCTION: 4 meas. (start w/ vocal)

PART I: Ftwk noted for M, W use opp ftwk

- 1-3 Yemenite R *hands joined fwd arms (M L, W R) on ct 3*  
4 Step L back *arms coming back down*  
5-7 Stepping R, L, R turn R  
8 Step L to L  
9 Step R across L  
10 Leap L on L  
11 Step R fwd with slight plie  
12 Shift wt back on L  
13 Leap R to R  
14 Step L fwd and face ptr, hands cross in front and snap  
15-16 Shift wt back on R; step L fwd  
17 Change places places with ptr stepping R fwd with snap  
18 Step L fwd  
19-20 Step R fwd and snap fingers while turning 1/4 to L; hold  
21 Pivoting on R, turn 1/4 L  
22-24 Yemenite L joining both hands to face ptr in opp place.  
25-48 Repeat cts 1-24, end in starting pos  
49-62 Repeat cts 1-14  
63-64 Step R back; L fwd  
65-66 Close R to L making 1/4 turn L to face CCW (LOD), ptrs join  
L hands fwd and R hands behind W R shldr; hold.

PART II: Ftwk same for both unless otherwise noted

- 1-3 Step R, L, R fwd *plie ct 3*  
4 Step L back; release R hands  
5 Step R, make 1/2 turn R *(W L hand goes to back of W waist)*  
6-7 Step L fwd; R back  
8 Step L to L and turn 1/4 L (back to beginning pos of Part II)  
9-12 Step R, L, R fwd; hold  
13-16 Yemenite L; hold  
17-20 Hands joined - M: In place step R, L, R; hold  
W: Step R, L, R turning 1/2 R under L hand  
arch; hold  
21-24 Step L, R, L (M back, W fwd) moving together; hold *hands joined in front*  
25-32 With hands joined lift L arms up and circle once to L, *(same pos as beg of fig)*  
M in place W moving fwd with 8 steps beginning R  
33-64 Repeat cts 1-~~32~~ 28, step R, hold (61-62) lean + step L; hold (63-64); release hands  
65-66 Pivoting on R W turn 3/4 turn to R, M do 2 steps bkwd R, L  
67-74 M: Yemenite R, L - W: Yemenite L, R

*Repeat dance from beg.*

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ONEG SHABBAT  
Israel

PRONUNCIATION: Oh-neg Shah-baht  
(Joy of the Sabbath)

CHOREOGRAPHY: Dani Dassa

RECORD: RIKUD, (LP), Side B, Band 4

FORMATION: Mixed lines with hands joined down

METER: PATTERN

Cts.

INTRODUCTION:

PART I: Face and move in LOD

- 1-2 Hold  
3-4 Step R to R  
5-8 Yemenite L; hold  
9-10 <sup>am</sup> Rock back on R; rock fwd on L  
11-12 <sup>keep</sup> Step R fwd with slight plie, hands cross in front and snap; hold  
13-16 Yemenite L; hold  
17 Close R to L without wt  
18-34 repeat cts 1-17.

PART II: Face ctr, R hand on R shldr of R neighbor, L hand free and fwd

- 1-2 Step R to R  
3-4 Step L across R, <sup>w/ plie</sup> snap fingers of L hand  
5-8 Repeat cts 1-4  
9-10 Step R to R; Step L to L  
11-14 Releasing hands, step R, L (2 cts per step, slow) turning once to R  
<sup>out leaving them open</sup>  
15 Step-hop on R, hands joined and ~~down~~ <sup>up in w pose</sup>  
16 Step L across R  
17-18 Rock R back, lean back  
19-20 Rock L fwd, lean fwd  
21-22 Leap R back; leap L fwd  
23-24 Step R across ~~L~~, hold <sup>w/ deep plie, leaning ably fwd</sup>  
25-26 Hop on R in place twice  
27-29 Yemenite L  
30 Leap R back with slight plie  
31-32 Step L fwd; close R to L  
33-64 Repeat cts 1-32.

PART III: Moving LOD, hands joined at shldr ht

- 1-4 With R two-step fwd; hold  
5-8 With L two-step fwd; hold  
Pivoting on L, turn 1/4 L  
9-10 Step R to R; step L to L  
11-13 Step R, L, R twd ctr with bouncy steps  
14 Lift L slightly next to R  
15-17 Moving bkwd, step L, R, L  
18 Lift R slightly next to L  
19-20 Step R back; L fwd  
21-22 Close R to L; hold  
23-24 Repeat cts 1-22.

*ending: Repeat dance from beg  
part III 2x,  
end w/ crouch, then lift # up  
+ body*

SHDEMATI  
Israel

A farmer's prayer -- This land I plow in tears; And I shall lift my sickle high and harvest in joy. And my prayers shall be heard, shall be heard.

PRONUNCIATION: Sh-deem-ahtee

CHOREOGRAPHY: Dani Dassa

RECORD: 16 ISRAELI DANCES, DAN 005, (LP) Side 1, Band 7.

FORMATION: <sup>(open circle)</sup> Mixed lines with hands joined down.

METER:

PATTERN

Cts.

<sup>2 drum beats</sup>  
INTRODUCTION: ~~X~~ & ~~meast~~ <sup>2 beats</sup> (beg w/ vocal)

PART I: Face and move in LOD ("Rain dance")

- 1-2 Stamp Step R to R  
3-5 Yemenite L.  
6 Hold  
7 Step R bkwd  
8-9 Step L, R fwd  
10 Hold  
11 Small leap fwd on L.  
12 Step R fwd  
13-15 Yemenite L  
16 Hold  
17-18 Step R bkwd, *lifting arms to bend elbows 90° ("ploughing")*  
19-21 Rock Step L fwd; R back; L fwd *lean body fwd & back - v. bent knees, wide step*  
22 Hold  
23-24 Step R back, *lowering arms*  
25-26 Step L back  
17-29 Yemenite R  
30-32 Yemenite L  
33 Close R to L  
34-66 Repeat cts 1-33.

PART II: Face ctr ("Clouds")

- 1-2 Hold and lift arms fwd and up  
3-4 Step R to R  
5-6 Step-hop on L in front of R.  
7 Step R to R  
8 Stamp L slightly in front of R  
9 Hold  
10-14 Repeat cts 5-9  
15-16 ~~Leap L across R~~ Repeat cts 5-6  
17-19 Yemenite R  
20-21 Step L to L *lean fwd*  
22-23 Step R fwd and ~~lower arms down~~  
24-25 Step L back while lifting R fwd  
26 Step R back  
27 Step L fwd  
28-29 Cr. Brush R fwd  
30-31 Step R across L; hold  
32 Step L back on ball of ft  
33 Step R across L, move to L

*bent knees; wide step  
lean body fwd & back*

- 34-37 Repeat cts 32-33 twice more
- 38-40 Yemenite L and make 1/4 turn R to face LOD; lower arms
- 41-43 Step R,L,R
- 44-46 Step L,R,L

*repeat from beg.*

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Presented by Dani Dassa

*Ending: Repeat cts 1-5, Part 1, Stand R; repeat;  
close hold, raise arms up*

NESIOTIKO SYRTO  
Island Syrto, Greece

PRONUNCIATION: Nees-yo-tee-koh Seer-toe

RECORD: Greek Folk Dances, PILPS 940, (LP), 3 record set/book,  
Ted Petrides, Side 1, Band 5.

FORMATIONS: Lines in "W" pos

RHYTHM: 2/4 or 8/8 divided  $\frac{1,2,3}{1}$   $\frac{4,5,6}{2}$   $\frac{7,8}{3}$  (S,S,Q)

STYLE: This line dance moves to the R with a tilting up-and-down movement, and usually precedes the "ballos", a couple dance.

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METER: 8/8 (1,2,3 - S,S,Q)

Meas.

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INTRODUCTION:

ISLAND STEPS:

- 1 Facing slightly R and moving to R, <sup>glide.</sup> step R fwd (ct 1-S); step L fwd (ct 2-S); step R fwd slightly <sup>down</sup> behind L (ct 3-Q).  
*to left ahead of*
- 2-8 Repeat meas 1, 7 more times to R alternating ftwk (8 in all).  
*note: 1st step of ea. meas. is large; other 2 are smaller*

BRUSH STEP:

- 1 Facing slightly R and moving to R, step R fwd (1-S); brush L <sup>back</sup> across R (ct 2-S); swing L slightly off ground in front of R, lift on R (ct 3-Q).
- 2-8 Repeat meas 1, 7 more times to R, alternating ftwk (8 in all).

CROSS STEPS:

- 1 Moving slightly bkwd on a R diag, step R to R (ct 1-S); step L behind R (ct 2-S); step to R on R (ct 3-Q).
- 2 Step L behind R <sup>w/pt</sup> (ct 4-S); step R to R (ct 5-S); step L fwd across R (ct 6-Q).

*called by leader who may snake line around over, etc*

MAKEDONIKOS HOROS  
Florina, Greek Macedonia

Presented at the 1979 and 1981 San Diego State University Folk Dance Conference by Ted Sofios.

PRONUNCIATION: Mah-kay-dohn<sup>ee</sup> kohs Hoh-rohs

SOURCE: Macedonian dance of Simos Kostandinou

RHYTHM: 2/4 - S,Q,Q counted 1,&--2--&

RECORD: Festival 11-B (45)

FORMATION: Lines in shldr hold (T), facing LOD. *note: keep arms str, don't let elbows bend.*

METER: 2/4

PATTERN

Meas.

MUSIC I:

- 1 Walking to R, step R,L (cts 1-2).
- 2 Turning to face ctr step R to R and "pull" over R ft to face L (ct 1); bounce twice in place (cts 2,&).
- 3 "Pull" to L over L ft (ct 1); bounce twice in place (cts 2,&).

MUSIC II:

- 1 Facing R, step R to R (ct 1); hop on R (ct 2); step on L (ct &).
- 2 Step R fwd (ct 1); step L next to R (ct 2); step R in place (ct &).
- 3 Step back on L (ct 1); step back on R (ct 2); step L in place (ct &).

MUSIC III:

- 1 Skip R,L (cts 1-2).
- 2 Skip R (ct 1); lift L in front of R, knee high and hop on R (ct 2).
- 3 Small chug bkwd on L (ct 1); small chug bkwd on R (ct 2).
- 4 Step L <sup>ct backward</sup> ~~in place~~ (ct 1); step R bkwd (ct 2); step L in place (ct &).

VARIATIONS FOR MUSIC I:

- 1 Turn R in LOD, stepping R,L (cts 1-2), OR do 4 "pull" bounce-bounce instead of walks and 2 bounces (phrase is now 8 steps long). *W-hands may go on waist on turns - M-arms up + wide*

VARIATION TO MUSIC II: Turn R in LOD, *on meas. 1 (same steps)*

VARIATION TO MUSIC III: Turn R in LOD on 3 skip steps (*meas. 1, meas. 2, ct 1*)

NOTE: Music modulates to higher key <sup>+ then to lower key</sup> and gets faster to signal change in step. You may have to finish Music II step to Music III before starting Music III step.

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*Steps called by leader*

GÁIDA  
Macedonia

Danced in the village Gida, it derives its name from the word for Bagpipe. ~~The men begin the dance with deep knee bends, until the music becomes too fast.~~ The women dance in their own lines, with the leader waving a handkerchief to the rhythm of the deep toned Macedonian clarinet.

PRONUNCIATION: Guy-dah

RECORD: Folkraft LP-3;  
Greek Folk Dances, PILPS 940, 3 record set/books, Ted Petrides, Side 5, Band 1;  
Panhellenion, Greek Mountain Dances, Athan Karras and Chris Tasulis, (LP) KT-1001, Side 1, Band 3

FORMATION: Seperate lines of M and W in "T" pos

STEPS: Pas de basque (PDB): Leap L on L (ct 1); step R across L (ct &); step L back in place (ct 2).

Scissors: Step on L and cut R fwd low to ground, repeat with opp ftwk.

RHYTHM: 2/4 (slow-slow)

*Note: men's dance - strong styling, high lifts; womens = much smaller*

METER: 2/4

PATTERN

Meas.

INTRODUCTION: 4 meas,

BASIC:

- 1-2 Facing slightly R and moving to R, walk R,L,R,L.
- 3 Turning to face ctr, step on R (ct 1); lift L across R, L thigh parallel to ground with lower leg hanging naturally (ct 2). *(w/ 2 bounces)*
- 4 Repeat meas 3, with opp ftwk.

MEN SQUAT VARIATION

- 1-2 Walk 4 steps in "Squat" pos.
- 3-4 Repeat meas 3-4 of "Basic" or remain in "squat" pos and repeat meas 1-2.

PAS DE BASQUE:

- 1-2 Repeat "Basic", meas 1-2.
- 3 Jump on both ft diag fwd (ct 1); hold (ct 2).
- 4 PDB to L.

SCISSORS:

- 1-2 Repeat "Basic", meas 1-2. *or basic 2*
- 3 Face ctr and step-hop on R in place, (cts 1-2). *Kicking 1 ft up behind*
- 4 Three quick scissors (L,R,L) in place (cts 1,&,2).

The Gaida usually starts slowly and increases in tempo to a true hasapikos (6 cts or steps). The fast variations are done to a 3 meas pattern.

TURN AND JUMP: *not taught*

Change to "W" pos with hands held at head level.

- 1 Leap sdwd R onto R turning 1/2 L(CW)(ct 1); leap onto L completing turn and face ctr (ct 2).
- 2 Jump down on both ft in place and clap own hands (ct 3); jump up on R and extend L fwd with open hands (ct 4).
- 3 Repeat meas 2 to L with opp ftwk.

SKIP: Hands in "V" pos

*do basic a, b, or c*

- 1 Facing diag R and moving in LOD, ~~step-skip~~ R-L fwd (cts 1, ~~2~~ <sup>1, 2, 3, 4</sup>).
- 2-3 Do 2 two-steps (R-L) fwd in LOD (cts 3, &, 4 - 5, &, 6).

SKIP & STAMPS

- 1-2 Repeat "skip", meas 1 twice (4 ~~step-skips~~ <sup>cts 1, 2, 3, 4</sup>).
- 3 Three small running-stamps fwd (cts ~~1, &, 2~~ <sup>5, 6</sup>), *body leans slt fwd*  
The leader pulls the line through serpentine figures and spiral formations using the skip and stamp-steps to the fast music.

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Variations: *on Basic*

- (a) *cta* 1, 2 - turn to R
- (b) 3, 4 - turn to R
- (c) 1-4 - 2 turns to R

*note: more variations were done in class - do variations as desired.*



# SYRTÓS PYLEÁS

Macedonia

Translation: Syrtós from Pyléa; or Down by the threshing floor  
(name of tune)

Record: folkraft LP-3

formation: mixed lines, hands held down ("V" pos)

Meter:  $\frac{7}{8}$  (slow-quick-quick)

meas.

pattern

Basic:

- 1 d. Facing sltly and moving LOD, step fwd Rt (cts 1-2-3)  
d. Rock back on ball of Left foot in place (cts 4-5)  
d. Rock fwd on Rt foot in place (cts 6-7)
- 2 Repeat meas 1 w/ opp ftwk.
- 3 d. Turning to face center and raising joined hands above head,  
step R to R (cts 1-2-3)  
d. Step on ball of Left ft behind Right (body may turn  
to face diag L) (cts 4-5)  
d. step Rt foot in place (cts 6-7)
- 4 Repeat meas 3 w/ opp ftwk and direction.
- 5-12 Repeat meas 1-4 twice (3x in all), lowering hands at start of meas. 1.
- 13-14 Repeat meas 3-4.

Variation - turn

- 1-2 As above.
- 3 Releasing hands and continuing to move R in LOD, turn once  
around w/ 3 walking steps, R-L-R (cts 1-2-3, 4-5, 6-7)
- 4 Repeat meas 2
- 5-8 Repeat meas 1-4
- 9-14 Same as Basic above

Variation is called by leader.

ÁIS GIÓRGIS  
Ionian Islands, Greece

TRANSLATION: Saint George

PRONUNCIATION: Ah-ees Gee-ohr-gees

RECORD: Folkraft, LP 6, Side A, Band 1

FORMATION: A woman's dance with each dancer holding the diagonal ends of a kerchief across their "lap", and little fingers linked.

STEPS: All "touch" steps are on ball of ft.

METER: 2/4

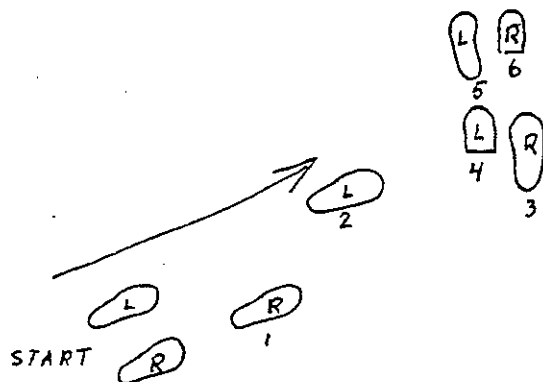
PATTERN

Meas.

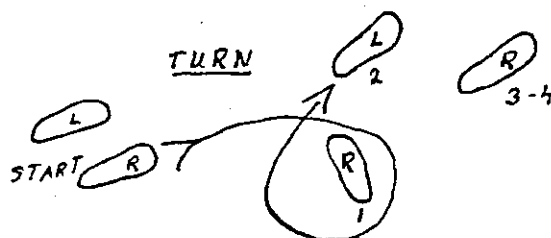
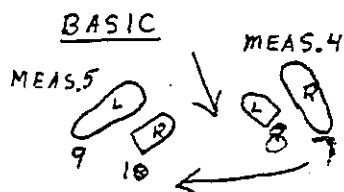
INTRODUCTION:

BASIC STEP:

- 1 Facing and moving diag R, walk R-L (cts 1-2).
- 2 Turning to face ctr, step R to R (ct 3); touch L next to R, without wt (ct 4).
- 3 Step L fwd into ctr (ct 5); touch R next to L, without wt (ct 6).



- 4 Step diag bkwd R on R (ct 7); touch L next to R, without wt (ct 8).
- 5 Step diag bkwd L on L (ct 9); touch R to L, without wt (ct 10).



TURN:

- 1 Begin turning R (CW) with 2 pivot steps (R-L) with wt slightly on balls of ft (ct 1-2).
- 2 Complete turn on R ft (cts 3-~~4~~).

Presented at 1981 CAMP HESS KRAMER by Ted Sofios

L'MOLADATI (To My Homeland)

Formation: Short open lines, facing center, hands joined at shoulder level; leader at Left.

PART I:

- 1-2 Step fwd on R, bring hands down; Step back on L
- 3-4 Step back on R, bringing hands back to shoulder; step fwd on L
- 5-6 Step R across L, step L to L side (hands move in circular motion to the left starting with upward motion)
- 7-8 Repeat 5-6; end with hands in starting position
- 9-10 Step back on R; fwd on L, facing center
- 11 Step on R across L, bringing hands down
- 12 ~~leap~~ Small jump with L to L side bringing hands to shoulder level
- 13-14 Step fwd on R; back on L
- 15-16 Step back on R; fwd on L
- 17-32 Repeat 1-16

PART II:

- 1-2 Stamp fwd on R bringing hands down
- 3-4 ~~Jump~~ back on L (small jump) leap
- 5-8 Step back on R, L, R, L
- 9-10 Step R across L; step on L in place
- 11-12 Step R to R side; L to L side
- 13-14 Turn CW on R, L
- 15-16 Step R to R side; Step L across R
- 17-32 Repeat 1-16, Part II

PART III:

- 1-2 Step fwd on R, clap to R side at shoulder level
- 3-4 Step L fwd, clap to L side at shoulder level
- 5-6 Jump R to R side (L foot kicks across R); Step L to L side
- 7-8 Step on R across L and HOLD
- 9-10 Step L to L side; R to R side
- 11-12 Lift L across R and HOLD
- 13-16 Turn CW, moving out from center, on L, R, L and HOLD (16)
- 17-32 Repeat 1-16, Part III

ENDING:

- 1-2 Step R to R side, lifting hands high, leaning R and HOLD
- 3-4 Step L to L side, L.
- 5-6 Step back on R, bring hands down; step fwd L, bring arms up
- 7-8 Close R to L and HOLD
- Repeat entire dance from PART I

EREV SHEI SHOSEANIM (Night of Roses)

Formation: Couples face each other, Mens back to circle, hands down

Part I:

- 1-4 Yemenite step R
- 5-6 Step L in front of R
- 7-8 Pivot on L making 1/2 turn L, closing R to L, both hands touching partners hands, shoulder level and HOLD.
- 9-10 Step R to R, body & hands sway to R; Step L to L
- 11-12 Close R to L, touch partners hands, HOLD
- 13-14 Step R back, bring R hand down; Step L fwd, bring R hand up, both palms facing you
- 15-16 Close R to L, hands clapping, back of R to L palm; HOLD
- 17-18 Step R back, slapping w/palms of both hands on thighs; Step L fwd.
- 19-20 Lift R, bent at knee, snapping fingers of both hands R over L.
- 21-24 Yemenite step R, hop, giving R hand to partner
- 25-26 Step L to L side, snapping with L hand; Step R to R side
- 27-28 Touch L in front of R making 1/2 turn, touching partners L hand
- 29-30 Releasing hands, step L back; step R back
- 31-32 Close L to R and HOLD.

MEN

- 29 Release L hand, step L back
- 30 Step R to R side
- 31 Close L to R
- 32 Hold. W stands to M's R, L hands joined in front, R hands joined behind W, shoulder level.

WOMEN

- Step L forward
- Step R fwd making 1/2 turn
- Close L to R

Part II:

- 1-2 Step R fwd
- 3-4 Step L fwd
- 5-8 Step R back(5), Step L fwd(6), Step R fwd(7), HOLD (8)
- 9-10 Pivot on R making 1/2 turn to R, step L back
- 11-12 Step R back
- 13-16 Step L fwd(13), Pivot on L making 1/2 turn to L, step R back(14), Step L back(15) HOLD (16).
- 17-22 Double cherkessiya step starting R
- 23-24 Close R to L(23), HOLD (24)

Repeat Part II

Interlude: Begin with original position, releasing hands

Men

- 1-2 Step R, 1/4 turn to R
- 3-4 Close L to R

Women

- Step R, L making 3/4 turn to R
- 3- Close R to L
- 4- Hold

## SYRTÓS PYLEÁS Macedonia

Translation: Syrtós from Pyleá; or Down by the threshing floor  
(name of tune)

Record: Folkraft LP-3

Formation: mixed lines, hands held down ("V" pos)

Meter:  $\frac{7}{8}$  (slow-quick-quick)

### meas.

### pattern

Basic:

- 1 d. Facing sltly and moving LOD, step fwd Rt (cts 1-2-3)
  - d Rock back on ball of Left foot in place (cts 4-5)
  - d Rock fwd on Rt foot in place (cts 6-7)
- 2 Repeat meas 1 w/ opp ftwk.
- 3 d. Turning to face center and raising joined hands above head,
  - step R. to R (cts 1-2-3)
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- 4 Repeat Meas 3 w/ opp ftwk and direction.
- 5-12 Repeat meas 1-4 twice (3x in all), lowering hands at start of meas. 1
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Variation - turn

- 1-2 As above.
- 3 Releasing hands and continuing to move R in LOD, turn once around w/ 3 walking steps, R-L-R (cts 1-2-3, 4-5, 6-7)
- 4 Repeat meas 2
- 5-8 Repeat meas 1-4
- 9-14 Same as Basic above

Variation is called by leader.