

Beratis

From northern Epirus, today's Albania

Learned at August Camp 2011 from Yuliyana Yordanov

Handhold: W

Starting position: line, W hold facing center

Styling: *Soft and understated* bounces on almost every beat; keep a hold strong enough to support yourself and your neighbors; except for first couple beats, face center or near center the entire dance.

Start at beginning of any measure (starting on third measure works well)

Part One, Meter: 8/4

Meas

- 1 Pivoting to face right of center, step L across R taking wt on both feet , bending both knees (1); bouncing, take weight on L in place (2); pivoting to face center, straighten lifting R in front of L (&) Half a bounce on L (3); Circle R back (&); touch right ankle to left calf while bouncing on L (4); Bounce on L moving R away from left calf slightly (5); touch left calf again while bouncing on L (6); Repeat beats 5 and 6 (7 & 8);
 - 2 Step back onto and taking half wt on R while bouncing on both (1);, bounce on R (2); Lift L in front of R (&); Hold while bouncing on R (3); Step fwd L with a bounce (4); Move R fwd in a low arc (swoop) (&); Bounce on L with R still low and in front of L (5); Lift R in front of L (&); Hold while bouncing on L (6); Bringing R down and back in an arc while bouncing on L (7); Touch right ankle to L calf while bouncing on L (8);
 - 3 Step back onto R (1); Twisting hips CCW, while touching left toe left of center (2); Twisting hips back to center, step fwd onto L while retaining some wt on R, bending knees and starting to rotate knees CCW starting to the right (slight bounce on both)(3); knees continue to rotate fwd and to the left (slight bounce on both)(4); Knees front and center shifting wt to R with a bounce (5); Taking wt on R, lift L in front of R (&); Hold while bouncing on R (6); bring L down and back in an arc while bouncing on R (7); Bouncing on R, touch left ankle to right calf (8);
- Repeat measures 1, 2, and 3, in sequence until music changes

Part Two, Pogonisos, Meter 2/4

Meas

- 1 Step R to side (1); moving LOD, step L behind R (2); Step R to side (&);
 - 2 Continuing to move LOD, step L across R (1); Step side R (2); Step L across R (&);
- Variation 1: on measure 1: Hop on L (1); Side R (&); L behind R (2); Leaping onto R, kick L fwd, high or low, ending in LOD; if you can manage to free a hand you can also slap sole of L on kick (&);
- Variation 2: Full turn ad lib (letting go of hands) on any two steps, CW or CCW.

Presented by Gary & Jane Diggs

Camp Hess Kramer Institute

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