

1960 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Dave Rosenberg

GRIGORO HASAPIKO

Greek

RECORD: There are many Haspaiko records available, which you can purchase at Greek stores (grocery, notion or music) in your community. A particularly lively record is available through Folk Dancer, P. O. Box 201, Flushing, Long Island, New York.

FORMATION: Broken circle; arms outstretched to sides with hands on shoulders (or upper arms) of neighbors. The leader maneuvers the line wherever he chooses to go on the dance floor.

Pattern

BASIC STEP

Step to right with right foot; step on left foot crossed in front of right.

Step to right with right foot; swing left foot in front of right leg (the swing is more of a quick little thrust, not a graceful swing).

Step on left foot in place; swing right foot in front of left leg.

Cue words: step, cross, step, swing, step, swing.

There are many variations in the Haspaiko, some of which are described here. The leader changes the step as he likes, and the line of dancers must follow the leader.

"ONE-TWO-THREE" STEP

(Same as the basic step, but instead of doing the step swing, take three little steps in place, as in a polka.)

Step to right on right foot; step on left crossed in front. Then step right, left, right, hold (in place); step left, right, left, hold (still in place).

Cue words: steps, cross, "one-two-three,"
"one-two-three"

Continued...

SKIPPING STEP

(Same as basic step, except you take skipping steps instead of walking steps.)

Step on right foot and hop on right foot; step on left and hop on left foot; (move to right on both of these skipping steps); step on right foot and swing left foot in front of right; step on left foot in place, swing right foot in front of left.

Note: as you master this step, you will find it very natural to add another skip, to continue the motion from one sequence to the next. After stepping on left foot in place and swinging right foot in front, take a little hop on the left foot, before stepping on right foot.

KNEE TWIST STEP

With weight on balls of feet, twist knees to left, swivel on toes turning heels to right; then with weight still on toes, twist knees to right, swivel on toes and turn heels to left. Keep moving to the right; keep knees and feet together. The step should be done lightly, bending and straightening knees, weight always on balls of feet and toes.

SLIDING STEP

Slide to right, with lively sliding steps.

With this step you can wind the line of dancers up into a tight spiral and then unwind. (Sometimes it is easier if dancers remove hands from shoulders and hold hands for this sliding step.)

(These Hasapiko steps were learned by Dave Rosenberg from dancing with Greek-American groups in Washington, D.C. and Boston, Massachusetts.)