

1979 SAN DIEGO STATE UNIVERSITY FOLK DANCE CONFERENCE

Presented by Ted Sofios

SERENITSA

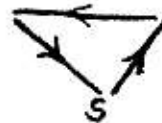
or
IKOSI ENA
Greece

Serenitsa (Little girl from Seres) also known as Ikosi Ena (21) is from Pontus, Greece

RECORD: Folkraft LP-8, Pontic Dances (EP) No. 1234

RHYTHM: 7/16, counted: $\frac{1}{1}$, $\frac{2}{2}$, $\frac{3}{2}$, $\frac{4}{2}$, $\frac{5}{3}$, $\frac{6}{3}$, $\frac{7}{ah}$

FORMATION: "V" hold, close. R ft free, facing slightly R. The pattern moves in a triangle



METER: 6/16

PATTERN

Meas. Steps

BASIC:

1	1	Step R to R (cts 1-2).
	2	Slide and close L to R (ct 3).
2	3-4	Repeat meas 1.
3	5	Step R across L (cts 1-2).
	6	Slide slightly L on L (ct 3).
4	7-8	Repeat meas 3.
5	9	Step bkwd on R and raise arms (cts 1,&).
	10	Step L next to R (cts 2,&).
	11	Step R in place (cts 3,&,ah).
6	12-14	Reverse ftwk of meas 5.
7	15-17	Repeat meas 5.
8	18-20	Repeat meas 6 (lower arms on ct 3).

VARIATION: Meas 1

1	1	Stamp R in front of L.
	2	Stamp R to R of L ft
2	3-4	Ftwk same, but drop R shldr and shimmy.

VARIATION: Meas 1 and 2

1	1	Step R across L, bending knees and crouch slightly to face L (cts 1-2).
	2	Pivot on R, hop on R to face LOD while L crosses over R (ct 3).
2	3	Step on L (cts 1-2).
	4	Pivot on L to face L, crossing R over L (ct 3).
3-8	5-20	Repeat as in Basic.

