

# MENOÚSIS

(Greece)

Source: This is a dance from Epirus (northwestern Greece) and the name comes from the name of the song which is about a man named Menoúsis. It is described in these two books:

Greek Folk Dances, M. Vouras and R. Holden,  
(New Jersey, 1965)

Elliniki Hori, V. Papahristos, (Althinai, 1960)

Music: 2/4 time. The dance is done to a tune called "O Menoúsis, o Birbílís kí' o Memét Agás."

Greek Folk Dances, Folkraft LP 6

Formation: Hands held at shoulder height, elbows bent and down. The hands should not be pushed forward into the circle, but should be comfortably back near the shoulders. The dancers are in a broken circle with the leader at the R end. The R ft should be crossed over in front of the L ft which holds wt.

Characteristics: The dance is for both men and women and is rather lively. The styling for the women is more reserved than for the men. The feet should not be lifted too far from the ground.

## FIRST STEP

<u>Meas.</u>	<u>cts</u>	2/4 time
I	1	Wt is on L ft, the R ft is across in front of the L ft, toes touching ground. Step to the R on the R ft.
	2	Step across in front of R ft on the L ft.
II	1	Step to the R on the R ft.
	2	Swing the L ft across in front of the R ft.
III	1	Step bkwd in RLOD on the L ft (still facing LOD).
	2	Step bkwd on the R ft (still facing LOD).
IV	1	Turning to face ctr, step sdwd L on the L ft.
	2	Step across in front of L ft on R ft.
V	1,2	Step sdwd to the L on the L ft.
VI	1,2	Wt remains on L ft, cross R ft in front of L as in beginning.(pause).

MENOUSIS (Cont)

VARIATION

The first three meas. are the same. Meas. four is as follows:

IV	1	Step sdwd L on the L ft (facing ctr).
	2	Step next to the L ft on the R ft.
V	1,2	Step L ft in place.
VI	1,2	Wt remains on L ft, cross R ft in front of L as in beginning (pause).

VARIATION (TURNS)

Turn to the R on the first three cts of the first step -- the rest of the step is the same.

At meas. IV, a turn to the L can be done using three cts (step L, R, and L) ending the dance as usual.

Abbreviations added to fit U.O.P. syllabus format.

Presented by John Pappas