

PENDOZÁLIS

(Crete)

A well known dance from Crete the name means "Five Steps". The word ZALI is a Cretan dialect word for dance step. Although originally the Pendozáli was most associated with the district of Rethymnon, it is now a pan-Cretan dance. It is usually preceded by the Sighanós, meaning "slow", an easy going dance during which rhymed couplets called Mandinádhēs are sung. The purely instrumental and fast version of Pendozali is often called Ortsēs.

MUSIC: Dances of Greece 1994

FORMATION: Semi-circle, shoulder hold.

METER: 2/4

PATTERN

Meas

BASIC

- 1 Step L in place (or slightly fwd into ctr of circle) (ct 1); Swing R fwd (or fwd and across L), hopping on L in place (ct 2).
- 2 Leap R back to place, kicking L (straight legged) to the R (ct 1); Leap step L to the L (ct 2); Cross and step R in front of L (ct &).
- 3 Rock back onto L (ct 1); Step R to the R (ct 2); Step close L next to R or step L behind and across R (ct &)
- 4 Step R to the R (ct 1); Swing L fwd and across R (ct 2).
NOTE: The dance is often started on meas. 4, stepping R in place ct 1.
NOTE: Meas. 3 can be performed almost in place or with travelling steps to the right.

VARIANT I

- 1 Same as meas. 1 above.
- 2 Leap R back to place, simultaneously bringing L up and behind R (ct 1); Step back onto L ft (ct 2); Rock back onto R fwd (ct &).
- 3-4 Same as Basic meas 3-4 above.

VARIANT II

- 1 Same as meas. 1 above.
- 2 Same as meas. 2 above but perform ct 2 with twist of body to the left.
- 3 Rock onto L, lift R up and start to swing around R (ct 1); Swing R slightly behind L (ct 2).
- 4 Stamp R down slightly behind L (ct 1); Swing L up and across R (ct 2).

SIGHANÓS

- 1 Facing R of ctr, step R fwd LOD (ct 1); Swing L up and fwd (ct 2)
- 2 Step L diag fwd (ct 1); (pivoting to face ctr), Swing R fwd (ct 2).
- 3 Step R back (ct 1); Swing L up and slightly back (ct 2).
- 4 Step L slightly L (ct 1); Swing R up and across L (ct 2)
NOTE: The swings can be substituted for a touch step anytime.

Presented by Joseph Kaloyanides Graziosi at the Laguna Folkdancers Festival 1994