

DANCE**EPIROTINO (POGONISSIOS)**

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MUSIC

NINA LP -63

FESTIVAL 3507-A

LIBERTY 268 ("276)

NOTES

Pogonisiot dances are calm, peaceful and slow. They move with ease and an inner rhythm. The men step with great pride, heads up, and bodies leaning back. There are many Pogonisiot as they vary with the beginning of an evening of dance at a feast or a wedding, as well as the song. The songs always have some catchy phrases, it is almost always a young man trying to find a way to get out with his secret love. "Evga at parathyri kryfaap' tin mana sou"....."Come to window secretly from your mother"..... "O ilies vasillevi ke marasonete"..... "the sun rises and withers"..... "vasilikas tha gine sto parathyri sou"....."sweet basil I will become and stay by your window"...

It is danced by men and women holding hands, when the dance is just a warm up, but when the men start knee bends, and down to the floor, then they usually break away from the women, and dance alone. The music is 2/4. The dance is composed of six steps as a basic, but the leader sets the pace and he can extend the phrase, always recovering to the basic step. In styling, the women do not raise their legs higher than their ankles as they must be modest and not show their "sigouni" (laced slip) The men wearing the baggy trousers of Epirus raise their legs high, with the tsarouhi flying high in the air.

DANCE

- A. In R LOD Step R,L,R, feet crossing front (1,2,3)
Men: Raise L leg high to knee of R leg Girls: to ankle (4)
Bent knee and flexed foot (5)
Step to L with L sideways big step (6)
Raise R leg to knee (bent)

(REPEAT THREE TIMES)
- B. The same as above, with either leader or everybody turning on first three steps (1,2,3)

(REPEAT THREE TIMES)
- C. Same as A, except on count 2, the men bend L leg crossing and drop to knee of R leg touching floor (Girls do half bend) and then rise to finish phrase.

(REPEAT THREE TIMES)

DANCE**EPIROTIKO (POGONISSIOS)****CONTINUED**

- D. Starting with R to R in LOD, there are now four steps dropping to the knee, then up straighten and raise leg, and then to the L raise leg to finish phrase. So it is R knee, L, knee, R, L,

(REPEAT THREE TIMES)

- E. The same as "D" except while men are down on the knees, they can turn and finish phrase out to the end.

THEN REPEAT DANCE FROM THE START. ONLY OTHER VARIATION IS THAT LEADER STEPS OUT OF LINE AS DANCERS CONTINUE PHRASE, AND DOES KNEE TURNS TO THE LEFT.

One other variation of the step is this:

1. Step with L, crossing in right and slightly bent -- big step
2. Step R in back of L, toe touching L heel
3. Cross L again to R in LOD (a little bent, eventually they will be done to the floor)
4. Cross R to R in back crossing
5. Step L in back of R turning to L
6. Step R to R in LOD and a little behind.