

Pogonisos

Πωγωνίσσιος

(Stadio)
(Epiros, Greece)

The name of the dance comes from the region of Pogoni in Ioannina (Giannena) prefecture, near the Albanian border. It is the most common dance motif in Epiros and is a key motif of many Greek dances. It is danced to many different lyrics, tunes, melodies in a pentatonic scale.



Pronunciation: Po-go-NEE-si-os

Music: Christos Papakostas Presents Dances from Greek and Roma Communities of the Lower Balkans (2012)

Formation: Open circle, a line of dancers. Hands in W- pos.

Style: Typical Greek hand hold, dance moves to the right. Leader can embellish the dance as desired; all other dancers continue basic pattern.

METER: 2/4 SQQ

PATTERN

Meas

INTRODUCTION: Wait for 2 measures

- 1 Facing center, step on R to the R (ct. 1). Step on L behind R (ct. 2). Step on R (ct. &).
- 2 Step on L across in front of R (ct. 1). Step on R (ct. 2). Step on L across in front of R(ct. &).