

POGONÍSIOS
(Pogóni - Greece)


This dance is from Épiros, in northwestern Greece. More particularly, it is from the area of Pogóni in Épiros, thus the name Pogonísios, dance from Pogóni. Stá Dýo, another name for the dance, means "two steps." It is danced by both men and women. Sometimes the Pogonísios is done with a fast part in the middle.

Pronunciation:

Records: The dance can be done to any Stá Dýo tune; the two most popular songs are: "Den Boro Mannoula" and "Vasilikos." Also follows Berátis on EMI Regal LP 14C 034-70760 Side A/7. 2/4 or 4/4 meter

Formation: A broken circle with hands joined at shldr level, elbows bent and down. The hands should not be pushed fwd into the circle, but should be comfortably back near the shldrs.

Styling: Depending on the feeling of the music, the dance has a free and joyous feeling with some spring in the steps.

<u>Meas</u>	<u>Cts</u>	<u>Pattern</u>
		4/4 meter:  , (Slow, quick, quick)
1	1,2	With wt on R ft, step across in front of R on the L ft (slow).
	3	Step sdwd to R on R ft (quick).
	4	Step across in front of R ft on the L ft (quick).
2	1,2	Step sdwd to the R on the R ft (slow).
	3	Step behind the R ft on the L ft (quick).
	4	Step sdwd to the R on the R ft (quick).

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