

# Siganos

(Greece, Crete)

Siganos, meaning slow or easy going, was traditionally the first dance performed after weddings, and was danced in front of the church, particularly in the Iraklion area of Crete. It was danced to the singing of rhymed verses, known as mantinades. Frequently today it is danced as a lead into the faster paced Pentozali, and by many it is considered a simple form of the Pentozali. Siganos was presented by Johnny Pappas at the 1984 University of the Pacific Folk Dance Camp.

Pronunciation: see-gah-NOS

Record: Society for Dissemination of National Music #114, Side A/2 2/4 meter  
Panhellenion: Greek Mountain and Island Folk Dances. KT-1001. Side B/8

Formation: Line of dancers in W position, hands at shoulder height and held back of shoulders, leader on the right. If danced as a lead into Pentozali, dancers may use a shoulder hold position, rather than have to change the hand hold as the dance builds in speed and shifts to Pentozali.

Styling: Smooth and proud, danced with straight backs and upright posture. Foot swings are slow and gentle, with knee of swinging foot slightly bent. Men swing their legs higher than do women.

## Meas

## Pattern

### I. STEP SWINGS

- 1 Facing ctr, step to right on R ft (ct 1); swing L ft in front of R (ct 2).
- 2 Step fwd on L ft (ct 1); swing R ft in front of L (ct 2).
- 3 Step back slightly diag. R on R ft (ct 1); swing L ft in front of R (ct 2).
- 4 Step to left on L ft (ct 1); swing R ft in front of L (ct 2).

#### Optional variations:

On measure 2, ct 2, dancers may tuck R ft behind L at calf height for men or ankle height for women. Dancers may also begin the dance with even less energetic movements and may replace the swings with gentle weightless touches, placing free foot next to supporting foot. As the music builds in speed, the step swings will then replace the step touches.

Dance notes by Suzanne Rocca-Butler

Presented by Suzanne Rocca-Butler