

STÁ TRIÁ

(Greece)

**Source:** This is a dance which is done in Thessaly, Epiros, and Macedonia Macedonia in northern Greece. The name describes the "three steps" of the dance. It is described in these two books:

Elliniki Hori, V. Papahristos, (Athinaí, 1960)  
Folk Dances of the Greeks, T. and E. Petrides, (New York, 1961)

**Music:** 2/4 time. Any good Stá Tría tune can be used. The tunes from Epiros are often heavier in feeling.

"San Pás Malá Máu," Monitor LP  
 "Dedeka Meron Nifoula," T'Arbna LP 1 Songs and Dances of Epirus  
 "Demotika" Discophon LPM-5, Side 2, band 3 -- 3/4, 2/4 meter

**Formation:** A broken circle with hands joined at shoulder height, elbows bent and down. The hands should not be pushed fwd into the circle, but should be comfortably back near the shoulders.

**Characteristics:** It is a dance for both M and W and when done so the feeling is a happy one -- all of the steps are moderate. When it is done as a M's dance, there can be many variations and the steps are larger and more masculine -- heroic in character.

BASIC STEP

<u>Meas</u>	<u>cts</u>	2/4 time
I	1	Step sdwd to the R on the R ft.
	2	Step across in front of the R ft on the L ft.
II	1	Step sdwd to the R on the R ft.
	2	Touch L ft in front of R ft (or lift L ft across in front of R).
III	1	Step sdwd to the L on the L ft.
	2	Touch R ft in front of L ft (or lift R ft across in front of L).

VARIATIONS FOR MEN

Note: The leader does not call out the variations, but merely does them and the rest follow.

*Continued...*

## STÁ TRÍA (continued)

<u>Meas</u>	<u>cts</u>	<u>Variation (turn)</u>
I	1	Freeing arms from shoulders, step R on R ft, starting to turn to R.
	2	Step on L ft, continuing turn.
II	1	Step on R ft, completing turn, rejoin in arm hold.
	2 )	
III	1 )	As above in basic step.
	2 )	
		<u>Variation (down)</u>
I	1	Step sdwd to R on R ft.
	2	Step across in front of R on L ft, kneeling so that R knee almost touches floor.
II	1	Rising, step sdwd R on R ft.
	2 )	
III	1 )	as above in basic step.
	2 )	
		<u>Variation (long down)</u>
I	1	Step sdwd to R on R ft.
	2	Step across in front of R ft on L ft, kneeling so that R knee almost touches floor.
II	1	Remaining in squat pos, "duck walk" step on R ft twd LOD.
	2	"Duck walk" step on L ft twds LOD.
III	1	"Duck walk" sdwd to R on R ft, rising to standing pos.
	2	Lift L ft across in front of R.
IV	1	Step sdwd to L on L ft.
	2	Lift R ft across in front of L.
		<u>Variation (fast turn)</u>
I	1 )	
	2 )	As above in basic step.
II	1 )	
	2 )	
III	1	Step sdwd to L on L ft turning to the L all the way around (spin on L ft).
	2	Lift R ft across in front of L.

*Continued...*

## STÁ TRÍA (continued)

Meas	cts	<u>Variation (knee bend)</u>
I	1 )	
	2 )	
II	1 )	As above in basic step
	2 )	
III	1 )	
	2	Lift R ft behind L knee and bend L leg so that you do 1/2 of a knee bend on L ft.

Presented by John Pappas