

STANKINO/MITRENO/etc (Edhessa region, Macedonia)

A popular dance characteristic of the dances done in the Edhessa (Voden) region of central Greek Macedonia but without a generic name. It is known by the specific tune being played at the moment such as: Stankino, Mitreno, Mulayev, Suleymanovo, Veter Pudinalo, Marine, Bykite, Zborskoto, etc. Because this region is predominantly ethnic (Slav) Macedonian, the names are either Slavic, or Turkish with slavic endings. Two versions are described below: (A) from Episcopi in the southern area nearer to Naoussa, and (B) from the Moglena/Meglen (Almopia) area north of Edhessa to the border.

FORMATION: Open circle with "W" or "T" hold for slow part, and "W" or "V" hold for fast part.

RHYTHM: Slow part: 5/4 (1 1 1 1 1) Fast part: 11/8 (2 2 3 2 2)
S Q S Q Q S Slower
DANCERS CTS: 1 2 3 1 2 3 **4**

METER: 5/4 slow; 11/8 fast

PATTERN

Meas

SLOW PART

- 1 Facing sl R of ctr, step on R fwd (1); SLOW TURN step on L fwd and across in front of R (2); hold or touch L next to R (3).
- 2 Step on R fwd (1); touch L in front of R (2); hold or sl lift L up (3).
- 3 Step on L back in place (1); touch or lift R next to or just sl behind L (2); hold (3).

SLOW PART (A only)

- 4 Hold (1-3); swing L in front and then behind next to R or opposite in rhythm (1-2) or (2-3).

SLOW PART (embellishments)

- 1 Facing sl R of ctr, step on R fwd (1); step on L fwd and across in front of R (2); hold or touch L next to R (3).
- 2 Step on R fwd (1); step or rock on L in front of R (2); step or rock on R back (3). If pivoting to face ctr, small step to R on R (3).
- 3 Quick step on L behind R (1); quick step on R next to L (&); step on L in front of R (2); touch or lift L next to R (3).

FAST PART

- 1 Hop on L, small swing R low fwd (1); small step on R fwd (2); swing L up across R (3); fall onto L across R (4).
- 2 Hop on L, small swing R low fwd (1); small step on R fwd (2); step or rock on L in front of R (3); step or rock back on R moving LOD (4).
NOTE: cts 1-2, meas 1-2 is basically a "skip".
- 3 Step on L behind and in back of R (1); step on R next to L (2); step on L across in front of R (3); hop on L lifting R up next to L (4).

VARIATION (Almopia/Moglena Region)

- 1 Hop on L, small swing R low fwd (1); small step on R fwd (2); swing L up across R (3); fall onto L across R (4).
- 2 Hop on L, small swing R low fwd (1); small step on R fwd (2); step or rock on L in front of R (3); pivoting to face ctr, step on R to R (4).
- 3 Close step on L next to R (1); step on R to R (2); step on L across in front of R, pivoting to face R of ctr (3); hop on L, lifting R up next to L (4).

Presented by Joe Kaloyanides Graziosi at the Laguna Folkdancers Festival 1997