

- SOURCE:** Syrtos Skyrou (see-TOHS SKEE-roo) is an island form of the Pan-Hellenic Syrtos. Often in the Sporades and Kyklades island groups, the Syrtos has a bouncy, hopping style. This form features the hopping style of Syrtos from the island of Skyros in the Sporades off the coast of western Greece.
- RECORD:** Society for the Dissemination of National Music, Athens, Greece, 105, side B, band 2.
- FORMATION:** Dancers in a broken circle with hands joined at shoulder ht, elbows bent and dn. The H's should be comfortably bk near the shoulders. The styling is rather bouncy with a very characteristic hop after the first long beat. Often the basic Pan-Hellenic Syrtos is done, and as the dancers get into the dance they begin to dance more vigorously, adding the hops and stamps. This Syrtos often breaks up into cpls and becomes a Ballos with the same type of styling.

MUSIC: 2/4

PATTERN

Meas Ct

SLOW AND QUICK QUICK

- | | | | |
|---|---|--|------------|
| 1 | S | Step sdwd to R on R ft | |
| | Q | Step across in front of R on L ft (or step behind R on L ft) | |
| | Q | Step to R on R ft | |
| 2 | S | Step across in front of R on L ft | |
| | Q | Step to R on R ft | |
| | Q | Step across in front of R on L ft | |
| 3 | S | Step to R on R ft |) |
| | Q | Step to R on L ft |) |
| | Q | Step in place on R ft |) |
| 4 | S | Step in place on L ft | Facing ctr |
| | Q | Step in place on R ft | |
| | Q | Step in place on L ft | |

The special style of the Syrtos and Ballos is caused by the hop on the & beat after the slow ct of each measure (S & Q Q)

- 1 Step sdwd to R on R ft
Hop on R ft

Continued...

SYRTOS SKYROU

Step across in front of R on L ft

Step next to L on R ft

2-4 Repeat action of basic step.

Dancers will tend to be on the balls of the feet. You begin to feel as if you are skimming over the ground and barely touching it.

Presented by John Pappas
Idyllwild Workshop 1978