

SLOW HASSAPIKO (SAILOR'S DANCE)

RECORD: Soul Dances of Greeks

VARI-HASSAPIKO

This dance is very close to other Hassapikos, although it is much slower and is more intense and deliberate. Unlike most of the other Greek dances, the slow Hassapiko has the characteristic that all dancers in the line all do the same steps, and the leader signals the change of step. The movements are crisp, clean, precise, taut, deliberate and with active concentration.

This dance is more recent than others, although it has characteristics of the ancient and Byzantine dances. It has been largely popularized within the last thirty years, and since then has grown in popularity among the Greek people. Though the sailor's idea is still there, it is not any longer danced only by the sailors. It has been adopted and developed by fishermen of Koulouri on the island, Salamis, and the sailors of the town of Pireaus. It is sometimes called Koulouriotiko.

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BASIC OR REGULAR STEP. This step eventually becomes an in-between step, in other words as the dancers develop more intricate steps this step is used to connect it to the other steps.

1. Slow - Step on Left foot (dropping) into the center, lifting Right foot behind.
2. Slow - Pass through the Right foot to front and arc around and
Slow - Step right foot behind Left, lifting left foot in front.
3. Slow - Bring left foot behind and step on it, lifting Right foot in front.
4. Quick - Step on Right foot to the Right side.
5. Quick - Step Left foot in front of Right, lifting right foot.
6. Slow - Step Right foot behind a little, lifting left foot.

This dance is eventually done to the phrasing of the music and if the phrasing of the music should find you anywhere in the middle of this step, simply close the feet and start the step again from the beginning.

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BASIC TRIPLET:

- 1 - Step forward Left
- 2 - Step back right, extending Left foot in front
- 3 - Arc and bring Left foot to side and close together.

BASIC DOUBLET:

- 1 - Step forward left
- 2 - Step back on right and close left foot to right.

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VARIATION:

- 1 - Cross left foot, front of right foot placing it very close and take small steps in this position stepping L R L
- 2 - Cross Right foot, front of left foot placing it very close and take small steps in this position stepping R L R

REPEAT ALTOGETHER FOUR TIMES -- AND bring Left foot to close next to the Right

VARIATION:

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|---------------------------------|---|
| 1 - Jump feet apart, bent knees | 5 - Jump on Right foot in front to center |
| 2 - Jump, feet together | 6 - Jump on left foot raising right leg |
| 3 - Jump, feet apart | 7 - Pass through the right ft. to front and arc |
| 4 - Jump feet together | around and CONTINUE the basic step as it follows. |