

ANTHOULA (an-THOO-la)
(Macedonia, Greece)

Source: Martin Koenig as he learned the dance from Simos Kostantinou.

Formation: Closed mixed circle, joined hands held down.

Record: Balkan-Arts 705 EP. 4/4 meter.

Note: Simos Kostantinou was a lead dancer with the Tanec Yugoslav National Ensemble from 1948-1954. In 1954 he returned to his village Alona, which is situated on the outskirts of Florina, Greece. This dance is from Alona. An approximate translation of Anthoula is the flowering of a blossom.

<u>Meas</u>	<u>Ct</u>	<u>Pattern</u>
1	1	Facing & moving LOD, large step on R
	2	Large step on L
	3	Turning to face ctr step to R on R
	&	Step L next to R
2	4	Step R in place
	1	Step fwd to ctr with L
	2	Step fwd to ctr with R bringing hands up to shoulder height, keeping elbows close to body
	3	Step L next to R
3	&	Step R in place
	4	Step L in place
	1	Step R to R
	2	Step L across R
4	3	Step R to R
	&	Step L next to R
	4	Step R in place
	1	Step back with L
	2	Step back with R, bringing hands down
	3	Step L next to R
	&	Step R in place
	4	Step L in place.

Dance description by Ruth Miller and Marcel Vinokur.

Presented by Marty Koenig at Mendocino Folklore Camp 1989