

# Ballaristos

(Greece)

Ballaristos is a island-style “sta tria” from the island of Mykonos. Sta tria” means three parts noted as / A / B / B / (A, B, B symmetric). It is danced to the same melody as “Syrtos naxou” or “Vlaha naxou,” and the steps are, indeed, a variation of this dance.

Pronunciation: ball-ah-ree-STOH

CD: *Balkan and Beyond, Greek Dances, Band 1* 2/4 meter

Or Camp Hess Kramer 2006 CD

Formation: Open circle, leader on R. Arms joined in T-pos. Leader holds R hand high.

Styling: Quite pronounced soft bounce on the slow figure; more energetic, of course, on the fast.

Meas Pattern

INTRODUCTION. The leader may start anywhere in the music.

## I. SLOW, SOFTLY BOUNCING “STA TRIA”

- 1 Facing diag R of ctr and moving to the R: step on R to R (ct 1); step on L in front of R (ct 2).
- 2 Turning to face slightly L of ctr, step on R to R (ct 1); keeping ball of L ft on floor, bend, then straighten R knee, that is “touch” ball of L ft on floor, diag L, ft quite far apart (ct 2).
- 3 Turning to face slightly R of ctr, repeat meas 2 with opp ftwk.

## II. THROW L FT BEHIND R

- 1 Facing ctr and moving to R, leap onto R to R, throwing L ft behind R, knees quite close together (ct 1); hop on R, bringing L ft around twd front (ct 2); step on L across in front of R (ct &).
- 2 Stopping the momentum to the R and beg to travel to the L, leap onto R to R, again throwing L ft behind R, knees quite close together (ct 1); step on L in place, behind R (ct 2); step on R to L, in front of L (ct &).
- 3 Stopping the momentum to the L, jump onto both ft, knees bent, R slightly fwd of L (ct 1); low leap onto L, lifting R knee in front (ct 2).

Leader repeats each figure as many times as he or she pleases, generally phrasing the transitions so that the more energetic 2nd figure coincides with the more energetic part of the music (the refrain), although the phrases do not coincide exactly. The leader calls the transitions with a hearty “opa!” at the end of the dance phrase.

Presented by Loui Tucker  
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