

GAIDA
Greek Macedonia

A Macedonian dance whose name is derived from the word from bagpipe. The dance begins with slow elegant movements, gaining momentum and excitement as the music increases in tempo.

MUSIC: Record: Panhellenion KT 1001, Side 1, Band 3.

FORMATION: Open circle, M & W in separate lines, arms on shoulders. M raise legs high; W raise ft to ankle height only - start with R ft. Deep knee bends for M only, and M dance in front of W - NOT behind. If W line is shorter than M, W may use hand-hold instead of shoulder hold.

MUSIC 2/4

PATTERN

Meas

FIGURE I: "TRAVA PSILO" (M & W)

- 1 Step on R ft to R. Cross L ft in front of R (cts 1 & 2 &).
- 2 Repeat meas 1 (cts 3 & 4 &).
- 3 Step on R ft to R, swing and raise L leg in front of R (cts 5 & 6 &).
- 4 Step on L ft to L, swing and raise R leg in front of L (cts 7 & 8 &).

FIGURE II: "GHONATO" (M only)

- 1-2 Starting with R do 4 deep knee bends in LOD (crawling with knee touching floor).
- 3-4 Repeat meas 3-4, FIG. I. L knee is near ground, R knee is still bent on "Step on R ft to R,--" (meas 3). Straighten R leg before ct 6.

FIGURE III: "STRIPSE" (W only)

- 1-2 Repeat meas 1-2, FIG. I.
- 3 Bring ft together and swivel to L (ct 5), then swivel to R (ct 6).
- 4 Swivel to L (ct 7), raise and swing R leg in front of L (ct 8).

Continued

Meas

FIGURE IV. "THOTHE KAI KITHE" (M & W)

- 1-2 Repeat meas 1-2, FIG. I. Momentum is faster as tempo of music increases.
- 3 Leap swd onto R ft (ct 5), and with wt still on R ft, hop in place (ct 6).
- 4 Leap swd RLOD onto L ft (ct 7). Cross R ft in front of L shifting wt from L to R ft (ct &). Step back onto L ft in place, raising R ft slightly fwd (cts 8-&). Meas 4 can be likened to a pas de bas step.

FIGURE V: "VOURTSA" (M & W)

- 1-2 Repeat meas 1-2, FIG I.
- 3 Repeat meas 3, FIG. IV.
- 4 Brush L, R, L and bring ft together (cts 7 & 8 &).

FIGURE VI: "PARTALO" (M & W)

- 1-3 Repeat meas 1-3, FIG. I.
- 4 Step on L ft to L, cross and raise R leg BEHIND L (cts 7 & 8 &).

FIGURE VII: PRISADKI FIGURE (M only)VERSION I: "KATO-KRATO"

- 1-2 Repeat meas 1-2, FIG. I.
- 3-4 Do a deep knee bend on L leg (ct 5), raise and extend R leg in front of L (cts 6, 7 & 8).

VERSION II: "PANO-KATO"

- 1-2 Repeat meas 1-2, FIG. I.
- 3-4 Prisedki with L ft fwd coming up, then prisedki with R ft fwd coming up (cts 5 & 6, & & 8).

VERSION III: "YIRO PANO-KATO"

- 1-2 Do 2 full turns CW.
- 3-4 Repeat meas 3-4 of VERSION II above.

Continued...

Suggested sequence of steps for GAIDA.

	Men			Women	
FIG.	II	GHONATO	7	III	STRIPSE
	I	TRAVA PSILO	5	I	TRAVA PSILO
	IV	THOTHE KAI KITHE	4 or more*	IV	THOTHE KAI KITHE
	V	VOURTSA	4 or more*	V	VOURTSA
	VII-I	KATO-KRATO	4	III	STRIPSE
	VII-II	PANO-KATO	4	III	STRIPSE
	VII-III	YIRO PANO-KATO	4	III	STRIPSE
	VI	PARTALO	8 or less*	VI	PARTALO

* Number dependent on musical phrasing.

NOTE: The M begin the dance with deep knee bends (GHONATO) and change into the other variations as the tempo of the music increases. The W, dancing in their own line, coordinate changes in variation by observing the M and listening to the tempo of the music.

Karas?