

# HOROS TON YERONDON (YERONTIKOS)

HOROS TON YERONDON/Yerontikos/Leventikos

Florina, Macedonia

This is the same dance as Leventikos - step pattern and direction are the same. This dance, however, is performed exclusively by men, and the way of doing each step involves considerably more muscle tension, giving an impression of great intensity - just keep an eye on Andy. Rhythm is 12/16, ♩ ♩ ♩ ♩ ♩. Dance phrase is three measures.

Arm Position - high W (arms bent with hands at about eye level and forward of body)

## I. count

- ♩ 1 Weight on L ft., bend left knee, swinging R ft. back and up, unbend with foot in back.
- ♩ 2 Bend L leg again, swinging R leg to front, facing slightly left - as you unbend L leg, R thigh comes parallel to floor.
- ♩ 3 Bend left leg slightly, while carrying R leg to right and unbend as you step on R ft. facing slightly right, bending R leg as it takes the weight, and releasing L leg so that it comes next to R leg
- ♩ 4 Carry L leg slightly back, unbending both legs, take  $\frac{1}{2}$  weight on L ft.
- ♩ 5 Step on R ft. slightly to right (there is a quick bend unbend on the second beat of count 5 throughout the dance)

## II. count

- ♩ 1 Step on L ft. towards the right, body is still right - foot is pointing towards center - bend knee as you take weight. At the bottom of the knee bend, the R leg comes forward so that the knee points forward and the right instep is against the the outside of the L ankle.
- ♩ 2 Straightening L leg, swing entire body to face center. Maintain the bend in the R leg so that the knee moves with the body to point center, and the R instep slides from the outside of ankle up to the inside of the L calf. On second beat of the count move R ft. out to right.
- ♩ 3 Step on R ft. to right, bending knee as you take weight.
- ♩ 4 Carry L leg into center, slightly in front of R; unbending both legs, take  $\frac{1}{2}$  weight on L ft.
- ♩ 5 Step on R ft. in place

*Continued...*

III. count

- 1 Bend R leg bringing L leg up and slightly right so that thigh is parallel to floor, L heel in front of R knee; unbend R leg
- 2 Bend unbend R leg again
- 3 Step back on L ft. (quick bend unbend on second pulse of count)
- 4 Same as count 4 above, except extend R leg slightly back.
- 5 Step on L ft. in place

To emphasize the end of the nine measure musical phrase, which comes at the end of three dance phrases, you do the famous "Simos Stretch", which goes: Straighten both legs, extending R leg slightly back to the right. At the same time, stretch entire torso as though you're trying to grow at least ten inches, and extend your arms up as high as the people next to you and you mutually can.

LEADER OPTIONS:

- Kato - (down) - On III., count 3, slide L ft. forward as you kneel on R knee. You complete the kneel on count 4, and come up with weight on L ft. on count 5.
- Strofi - (turns) - On II. count 1 make a clockwise half turn as you step on L ft. On count 2 complete turn, stepping right on on R ft. Repeat for counts 4 and 5.
- Strofi ke Kato - (around and down) - On III. count 1 come up on balls of both feet, and pivot to start a full turn. At the quarter point, shift weight to ball of R ft., beginning to swing L leg around. On count 2, drop to full R ft at the half way point of the turn, then use the impetus of your swinging L leg to rise back up on the ball of R ft. and to carry you around completing the turn. On count 3, place and slide L ft. forward as you kneel on R knee. Complete kneel on count 4, and come up with weight on L ft. on count 5.