

1971 SAN DIEGO STATE COLLEGE FOLK DANCE CONFERENCE

Presented by Athan Karras

PONTIAN DANCE 21  
(Greece)

SOURCE: The Greeks of Pontos have many dances, war dances, and dances of ritualistic character. These dances even today resemble much of the attitude and movement as depicted in ancient vases, particularly as they appear to strut proudly, as in one ancient dance the "kordax".

MUSIC: Songs of Pontos (45)

FORMATION: Facing the center of the circle, holding hands down and close to the next person in line.

7/16

PATTERN

<u>Measure</u>	<u>PATTERN</u>
	First take several side steps RLR,LRL,RLR in order to get into the rhythm of the dance. It is most important that both knees are loose in order to maintain a steady bounce in feeling the rhythm, which later develops into the whole body and also adding to it, shoulder movements.
1	Bringing arms very high, begin with L, step fwd into circle,center, then bring R by L, and step L in place. LRL (QQS)
2	Stepping slightly <del>fwd and to R</del> <sup>diag R</sup> , step R then L,R, arms still up.
3	Stepping <del>bwd and still traveling slightly R</del> <sup>diag R</sup> , LOD, <del>bringing</del> <sup>step</sup> L R L.
4	repeat meas 3 with opp ftwk( R L R )
5	Step sideways to L with L R L.
6	Step R, LOD with one big step R, and two small steps L,R, QQS, and finishing the dance phrase.

Note: On meas 4, begin to bring hands down and complete by meas 5. Hands are all the way down and dancers are very close together.

VARIATIONS: The dance has free style elements when the leader begins to break down the above sequence, when he decides to add stamps, move to side,fwd, and bwd, and footwork that breaks into improvised breaks and holds.