

KOTS

KOTS

Pontos

Aplo - eight count dance phrase, 2/4 rhythm - probably originally danced only by men.

To begin dance, take shoulder hold, face slightly right, bend knees. Bow to a 45 degree angle (drop not thy head, protrude not thy ass)

Count

- 1 Maintaining bow, facing right, leap lightly onto R ft. Carry left leg through so that the L foot hangs perpendicular to floor when you. . .
- 1& Hop on R ft.
- 2 Still in bow, leap lightly onto L ft. carry R ft. through as above and. . .
- 2& Hop on L ft., beginning to face center and to straighten body
- 3 Leap onto R ft. straightening body to completely upright position facing center
- 3& Hop on R ft. bringing left leg across in front of right. Keeping L ft. slightly flexed, bend knee just enough to raise foot off floor about three inches.
- 4 Hop on R ft. facing slightly right, as you come down, allow left heel to strike floor.
- 4& Hop on R ft. again this time smaller so that L heel does not strike floor.
- 5 Hop on R ft. as in count 4
- 5& Hop on R ft as in count 4&
- 6 Leap onto L ft. facing slightly left
- & Hop on L ft., bring R leg in front. Keeping R ft. slightly flexed, bend R knee just enough to raise foot off floor about three inches.
- 7-8 Same as 4-5 above with opposite footwork, facing

Repeat 1 - 8 until a) music runs out or b) right or left leg falls off

LEADER OPTION: On Counts 1 & 2 leap-hops, leader maintains bent kneed bow position and turns with arms extended at shoulder level (see Andy) These are known as aitos (eagle) turns.

Continued...

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KOTS

Pontos

(continued/2)

Diplo - probably a variation for women originally. The dance is the same as Aplo, with the following exceptions:

Count

1-2 Arms in V position, do the leap-hops facing center, moving to the right, with the body upright. Arms swing back on leaps, forward on first hop and stay in back on second hop.

3-8 On leap, (count 3), arms swing up and forward so that hands are in view just above head level, elbows slightly bent, arms relaxed

(Arms swing down on count 1)

Continued...

LEADER OPTION: On counts 1 & 2 leap-hops, leader maintains feet fixed
bow posture and turns with arms extended at shoulder level (see Aplo)
those are known as aplo (eggle) turns.

Titara - The Pontians who lived near the Caucasus also did their own version of KOTS they called Titara, which has a twelve count dance phrase

Count

- 1 In same bow as Aplo, leap R-L-R moving to right
(i.e. think of the count as having four beats - you leap forward onto R ft. on beat 1, leap onto L ft. just a little forward on beat 2, leap just about in place on beat 3, and hold on beat 4, bending the knee to take up the time)
- 2 L-R-L moving right as above
- 3 R-L-R moving right
- 4 Straightening body and raising arms, hop on R ft. facing slightly right - left heel hits floor as you come down.
- & Hop on R ft again without hitting L heel.
- 5 L-R-L in place, facing into center
(i.e. leap onto L ft. in place on beat 1, allowing R ft. to swing slightly forward parallel to floor. On beat 2, leap onto R ft. in place allowing L ft. to go forward slightly. Leap onto L ft. on beat 3, allowing R ft. to swing forward, and hold on beat four, bending knee to use the time)
- 6 Hop on L ft. facing slightly left. R heel hits floor as you come down
- & Hop on L ft again without hitting R heel
- 7 R-L-R in place facing into center (as above, opposite footwork)
- 8 Hop on R ft. facing slightly right - L heel hits floor
- & Hop on R ft. again without hitting L heel.
- 9 L-R-L in place

continued...

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Count

- 10 Hop on L ft. facing slightly left, R heel hits floor as you
come down
- & Hop on L ft. without hitting heel
- 11 Hop on L ft again, hit R heel
- & Hop on L ft without hitting R heel
- 12 Hop on L ft. once more hitting R heel
- 12& Hop on L ft. one again without hitting R heel
- (yes, folks, that is indeed six, count them 6 hops on your
poor left leg.)

The young members of performing groups do a shoulder shimmy with the
first three counts of running 1,2,3's.