

## LAHANA

7

CITY OF MAHARAJA

**SOURCE:** Lahana (LAH-hah-nah) is also called Omal Kerasounteikon (oh-MAHL-keh-rah-soon-DAY-ee-kohn) after the city of Kerasous. Another name is Kotsihton Omal. This dance is popular among the Greeks of the Black Sea area of Asia Minor (Pontos). The word "Lahana," meaning "vegetables" or "cabbages," comes from a popular song that is often used for this dance.

**MUSIC:** Polkdraft LP-8; Phillips International LPS-73; NINA 24835-A; NINA 24836-B

**FORMATION:** Dancers in a broken circle with H's joined at shoulder ht, elbows bent and dn. The H's should be comfortably bk near the shoulders. Dancers may also lower H's so that arms are dn and straight. Small steps with no large movement.

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**MUSIC:** 9/8 or 9/16      **PATTERN**

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Meas

- 1            Wt on R ft, step on L ft across in front of R  
               Step to R on R ft  
               Step on L ft in front of R
- 2            Step sdwd to R on R ft  
               Step on L ft behind R (or next to R)  
               Step sdwd to R on R ft

**NOTE:** This step is like the Syrtos Sta Dyo or Pogonisiios of Epiros

## VARIATION

When the music is peppy or the mood is more vigorous, dancers can add a hop to the basic step.

- 1            Hop on R ft  
               Step on L ft in front of R  
               As in basic above  
               As in basic above
- 2            Hop on L ft  
               Step to R on R ft  
               As in basic above  
               As in basic above

*continued...*

LAHANA CONT'D

LAHANA

NOTE: Sometimes the steps are done in place without moving in LOD for a while.

Presented by John Pappas  
Idyllwild Workshop 1978

FORMATION: Dancers in a broken circle with H's joined at shoulder, ft, elbows bent and in. The H's should be comfortably close to the shoulders. Dancers may also lower H's so that arms are in and straight. Small steps with no large movement.

MUSIC: 2/8 or 3/8 : TATERN

1. Wt on R ft, step on L ft across in front of R

Step to R on R ft

Step on L ft in front of R

Step add to R on R ft

Step on L ft behind R (or next to R)

Step add to R on R ft

NOTE: This step is like the Syrtos Sta Oyo or Paganatos of Epitro

VARIATION

When the music is peppy or the mood is more vigorous, dancers can add a hop to the basic step.

1. Hop on R ft

Step on L ft in front of R

As in basic above

As in basic above

2. Hop on L ft

Step to R on R ft

As in basic above

As in basic above

Continued