

1966 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Chris Tasulis

LEN IN THE MAIS
(Greek dance from Thrace)

MUSIC: Record: (45 rpm) "Songs and Dances of Thrace."

METER: 2/4 (count 1 & 2 &).

FORMATION: Line dance, hands held low, leader at Right end, face LOD.

THE DANCE

Counts

Introduction 8 measures. Begin dance on vocal.FIGURE A

- 1 & 2 & Facing LOD, begin on Right foot; step-hop forward twice (R-hop, L-hop).
 3 & 4 & Facing center, step-hop forward on Right, lifting joined hands forward (ct. 3 &); step-hop backward on Left, lowering hands (ct. 4 &).

Repeat action counts 1-4, Fig. A.

FIGURE B

- 1 & Facing LOD, step on Right; step on Left behind Right; step on Right.
 (backward pas de bas)
 2 & Backward pas de bas, starting with Left foot.
 3 & 4 & Step-hop forward and backward as in cts. 3 & 4 &, Fig. A.

Repeat action counts 1-4, Fig. B.

Repeat Fig. A & B to end of dance.