

LEN IRTHE MAIS

(Thrace, Greece)

Source: Len Irthi Maís (len eer-THEE(th as in thin) mah-EES) is from Thrace in northern Greece. In particular it is from the town of Soufli. The title comes from the song which is usually used for the dance, "They say May is coming." The dance has other titles: Aradiastite Sto Horó; Thrakikos Horós; Soufliótikos.

Bibliography: Greek Folk Dances; M. Vouras and R. Holden (New Jersey, 1965); Elliniki Hori, V. Papahristos (Athens, 1960).

Music: Folk Dancer 4051-A. 2/4 meter.

Formation: A broken circle with hands joined at shoulder height, (or the hands may be down).

Characteristics: The style is fast, light, and happy -- exuberant.

Meas ctsPattern

I	•	Step to R on R (facing LOD). Hop on R ft (facing LOD).
II	•	Step to R on L ft (facing LOD). Hop on L ft (facing LOD).
III	•	Facing ctr, step sdwd to R on R ft (raise arms) Hop on R ft lifting L ft in place to height of R calf.
IV	•	Step slightly back and to L on L ft (lower arms). Hop on L ft lifting R ft to height of L calf.

Variation.

I	•	Step to R of R ft (facing LOD). Step on L ft behind and close to R ft (facing LOD). Step fwd on R ft (facing LOD).
II	•	Step fwd on L ft (facing LOD). Step on R ft behind and close to L ft (facing LOD). Step fwd on L ft (facing LOD).
III-IV	•	Same as meas III-IV above.

Variation.

I-II	•	Same as Meas I-II in either variation above.
III	•	Facing ctr, step sdwd to R on R (raise arms). Step behind R ft on L. Step in place on R ft.

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LEN IRTHI MAIS (continued)

- IV Step slightly back and to L on L ft (lower arms).
- Step behind L ft on R.
- Step in place on L ft.
- (Meas III-IV are like behind pas de bas.)

Note: Do each variation as you wish, or as many times as the leader chooses.

Presented by John S. Pappas. Greek Folk Dances. M. Vouras and R. Holden (New Jersey, 1960).

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Character: The style is fast, light, and happy -- exuberant.

Meas	Pattern
I	Hop on L ft lifting R ft to height of L call.
IV	Step slightly back and to L on L ft (lower arms).
III	Hop on R ft lifting L ft in place to height of R call.
III	Facing ctr, step sbwd to R on R ft (raise arms).
II	Hop on L ft (facing LOD).
II	Step to R on L ft (facing LOD).
I	Hop on R ft (facing LOD).
I	Step to R on R ft (facing LOD).
III-IV	Same as meas III-IV above.
III	Step twd on L ft (facing LOD).
II	Step twd on R ft behind and close to L ft (facing LOD).
I	Step twd on L ft behind and close to R ft (facing LOD).
I-II	Same as Meas I-II in either variation above.
III	Facing ctr, step sbwd to R on R (raise arms).
I-II	Step behind R ft on L.
I-II	Step in place on R ft.

Continued