

Presented by Ted Sofios

LETCHINA-Pontus*ΛΕΤΩΙΝΑ*

Record: Folkraft LP-6, volume 2, Side A, Band 6

Rhythm: 7/16 (slow-quick)

Starting position: V position (arms down). Rt. ft. free.

MeasureBasic pattern-8 measures

- | | | |
|----|--|---|
| 1 | | Facing slightly and moving L, step forward on R ft. (slow).
A small step forward on L ft. with a small knee bend (quick) |
| 2 | | Repeat above. |
| 3 | | Step forward on R ft. swinging hands slightly forward (slow) |
| 4 | | Step backward on L ft. swinging hands backward (quick) |
| 5 | | Step backward on R ft. swinging hands forward (slow) |
| 6 | | Step backward on L ft. swinging hands backward (quick) |
| 7 | | Turning to face center, step sideward R on R ft. swinging
hands forward and up into inverted V (slow) |
| 8 | | Bounce on R ft. (quick) |
| 9 | | Bounce again on R ft. bringing L ft. forward
(slow) |
| 10 | | Step on L ft. in place with slight bounce
(quick) |
| 11 | | Repeat measure 6, reversing footwork. |
| 12 | | Repeat measure 6, lowering hands on quick. |



I learned this dance originally from Ricky Holden, but didn't really feel it until I went to Greece and danced with the Pontians there. I think that Ricky Holden and Mary Vouras did an outstanding job on their booklet of Greek Dances and the Folkraft series of records that accompanies the book. Mary is now working with Simon Karras and the Society for the Dissemination of Greek Music in Athens, Greece.

Bibliography: Greek Dances and How to do Them, Ted Petrides, Peters International, Inc., NY, NY, 1976

Greek Folk Dances, Mary Vouras & Ricky Holden, Folkraft Press, Newark, NJ, 1965

Records: Greek Folk Dances, volumes 2 & 3, Folkraft Records, a division of Frank L. Kaltman Ent., Newark, NJ.

Greek Dances and How to do Them, PILPS 940, 3 record set with instructional booklet listed above.

Voyage to Greece, directed by Simon Karras, LYRA 3201