

1966 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Chris Tasulis

MANDINADES (Kastrinos, Sousta, Ikarotikos)
(from islands of the Aegean Sea)

The term "Mandinades" refers to spontaneous songs and dances and has, as in the case of one movement, the Sousta, an origin as ancient as that of the more familiar syrtos. The basic dance steps herein referred to as "Mandinades" are typical of the islands of the Aegean Sea.

MUSIC: Record: Panhellenion KT 1001.

METER: 2/4 (count measure 1, 2) 3, 4, etc. or 1 & 2 & or 1, 2 &.

FORMATION: Open circle, hands on shoulders, men and women - no partner necessary. Leader is at Right; person on end keeps free hand in back, waist high. Face center throughout. Line of dancers form an ARC which opens and closes in the form of a flexible horseshoe. Dancers in center of ARC mark time (small steps) whereas dancers on both ends exaggerate steps (larger steps) in order to close and open ARC. Start with Right foot.

Measure: FIGURE A "Kastrinos" (from Iraklion, Crete)

- 1 Dance one "pas de bas" to the Right, Left foot crossing in front of Right (cts. 1 & 2).
- 2 Dance one "pas de bas" to the Left, Right foot crossing in front of Left (cts. 3 & 4).
- 3 Step-hop forward on Right foot (cts. 5 & 6).
- 4 Step-hop forward on Left foot (cts. 7 & 8).
- 5 Step-hop backward on Right foot (cts. 9 & 10).
- 6 Dance one backward "pas de bas" to the Left, Right foot crossing BEHIND Left (cts. 11 & 12).
- 7 Dance one backward "pas de bas" to the Right, Left foot crossing BEHIND Right (cts. 13 & 14).
- 8 Step Left with Left foot and thrust Right foot to floor crossing in front of Left (cts. 15 & 16).

Repeat Fig. A until a change is called by the Leader.

Measure: FIGURE B "Sousta" (from Rhodes, Dodecanese Islands) - This figure illustrates the spring-like action of a carriage being driven over a rocky road.

- 1 Step forward onto Right foot; hop on Right; step diagonally forward to Left on Left (cts. 1, 2 &).
- 2 Step diag. forward to Right on Right; step diag. forward to Left on Left; step very slightly forward on Right next to Left (cts. 3, 4 &).
- 3 Step forward on Left; hop on Left, raising Right thigh slightly so that Right foot is raised in back, toes down (cts. 5, 6).
- 4-6 Repeat measure 1, 2, 3 moving backwards from center.

Repeat Fig. B until a change is called by the Leader.

Measure: FIGURE C "Ikarotikos" (from Icaria, Cyclades)

- 1 Step on Right in place; hop on Right; step on Left behind Right (cts. 1, 2 &).

(cont'd)

Continued...

FIGURE C (cont'd)

- 2 Step on Right; step to Left on Left; step on Right next to Left (cts. 3, 4 &).
- 3 Step forward on Left with emphasis; step on Right back in place; step on Left next to Right (cts. 5, 6 &).

Repeat Fig. C until a change is called by the Leader.

NOTE: Transition step to be used only when Fig. A - Kastrinos is called to follow Fig. C - Ikariotikos.

Measure: Transition Step

- 1-2 Dance the action of Fig. C, measures 1, 2 only (cts. 1, 2 & 3, 4 &).
- 3 Step forward on Left with emphasis; hop on Left (cts. 5, 6).
- 4-transition Step forward on Right; hop on Right (cts. 7 & 8).
- 5-7 Dance action of Fig. A, measure 6-8 (cts. 9 & 10 & 11 & 12 & 13 & 14).

Now dance the complete action of Fig. A, measures 1-8 (cts. 1-16) until change is called by the Leader.