

# MENOUSIS

(Greece)

Menousis (meh-NOO-seese) is a man's name. This dance from Epirus was presented by Dennis Boxell at the 1965 Folk Dance Camp at the University of the Pacific, Stockton, California.

MUSIC: Record: Folkraft LP 6, side B, band 6.

FORMATION: Dancers in a broken circle, joined hands held down at sides.

STEPS AND STYLING: Walk\*, Swing\*, Scissors step: Step in place, kicking free ft fwd. Move with determination. Wait for leader to feel the music and begin with him.

\*Described in volumes of "Folk Dances from Near and Far", published by the Folk Dance Federation of California, Inc., 1095 Market Street, San Francisco, California.

## MUSIC 2/4

## PATTERN

### Measures

#### I. FIRST VARIATION

- 1-2 Face diag R and move in LOD with 3 walking steps, RLR (cts 1, 2, 1); with L knee almost straight, swing L ft fwd (ct 2). (This is a low swing.)
- 3 Walk bwd in RLOD L, R (cts 1, 2).
- 4 Turning to face ctr, step swd L with L, raising R ft about ankle high with R knee passing in front of L knee causing R hip to come fwd (ct 1). (The object of this hip movement is to make the fustanella or skirt-like garment of the Greek man's costume flare.)

Step R ft beside L and raise L ft ankle high with L knee passing in front of R knee causing L hip to turn fwd (ct 2).

- 5 Repeat action of ct 2 (meas 4) stepping on L and lifting R ft (ct 1); close R ft to L and flex knees (ct 2).
- 6 With R heel pointing to L, touch R toe on floor slightly across in front of L ft (ct 1), hold (ct 2).

#### II. SECOND VARIATION

- 1-3 Repeat action of Variation I, meas 1-3.
- 4-5 Face ctr and step swd L with L (ct 1). Beginning with small leap onto R, dance 3 scissors steps, R L R (cts 2 & 1); step L in place (ct 2).
- 6 Touch R toe across in front of L (ct 1), hold (ct 2).

