

1975 SAN DIEGO STATE UNIVERSITY FOLK DANCE CONFERENCE

Presented by David Henry

MENOÚSIS

BACKGROUND: An Epirot dance. Menoúsis is a man's name.

SOURCE: Nana (Stephanaki) Papantoniou, Athens 1965. The Lykeion ton Ellinithon, Athens 1972, 1973.

RECORD: FOLKRAFT LP 6 (B/6)

FORMATION: M and W in lines, hands held down. Variations are done by leader.

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PATTERN

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- Meas    THE STEP (I)
- 1        Three steps starting R to R, facing to R (cts 1-3) lift L fwd near ground (ct 4)
- 2        Two steps starting L directly bwd L, R (cts 1-2) two steps in place facing ctr L, R (cts 3-4)
- 3        one step in place, L (ct 1) pause (ct 2) hook R ft across L without taking wt (ct 3) pause (ct 4)
- VARIATION: SCISSORS (II)
- 2        While stepping on L in place, shooting R fwd (ct 3) step on R shooting L fwd. Step on L shooting R fwd (ct 4)
- 3        Step on R in place (ct 1) step on L in place (ct 2) hook R ft across L (ct 3) pause (ct 4)
- VARIATION: SINGLE TURN (III)
- Turn to right on meas 1. Women should put hands on hips, thumbs back. Man puts hands behind back.
- VARIATION: DOUBLE TURNS (IV)
- Turn right on meas 1, turn L on meas 2. The "scissors" step may be added at the end of the turn. Hands as above.
- VARIATION V: TOUCH TOE
- 2        Two steps starting L ft bwd (L, R) Ct 1-2) step on L in place facing ctr (ct 3) touch R toe in twd L (ct 4)
- 3        Touch R toe out to R (cts 1-2) hook R ft across L without taking wt (ct 3) pause (ct 4)

WOMEN'S STYLING

Hips shift from R to L in meas 2, counts 3-4 and Meas 3, counts 1, 2, 3.