

MENOUSIS
(Greece)

Background: An Epirot dance. Menousis is a man's name.
Source: Nana (Stephanaki) Papantoniou, Athens 1965.
The Lykeionton Ellinithon, Athens 1972-1973.
Record: Folkraft LP 6, Band 6.
Formation: M and W in lines, hands held down. Variations
are done by leader.

4/4

PATTERN

Meas.

THE STEP (I)

- 1 Three steps starting R to R, facing to R (cts 1-3).
Lift L ft 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 on 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 shoot R fwd (ct 3)
step on R shooting L fwd. Step on L shooting
R fwd (cts 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 R on meas 1. W should put hands on hips,
fingers and elbows fwd. M puts hands behind back
with palms open.

VARIATION: DOUBLE TURNS (IV)

Turn R on meas 1, turn L on meas 2. The "scissors"
step may be added at the end of the turn. Hands
are as in III.

VARIATION: TOUCH TOE (V)

- 2 Two steps starting L ft bwd (cts 1-2) step on L
in place facing ctr (ct 3) leaving heel on floor
pivot R toe twd L (ct 4).
- 3 Pivot R toe 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, count 3-4
and in meas 3, counts 1,2,3.

Presented by David Henry at the 1975 San Diego
State University Folk Dance Conference.

-Donna Tripp
H.K. '75