MENOUSIS (Greece) (Greece) Source: This dance is panhellenic. Source: This is a dance from Epirus (northwestern Greece) and the name couesifyon the name of the song which is about a man named Menousis. It is described in these two books: <u>Greek Folk Dances</u>, M. Vouras and R. Holden, discussion of the state of the Elliniki Hori, V. Papahristos dabhuT add cord soldaradil tol new add galaub (Althinai, 1960) a sta of the area of the dance's (1960) Music: The music is in 2/4 time. The dance is done to a tune called " O Menousis, o Birbilis ki o Memet Agas." <u>Greek Folk Dances</u>, Folkraft LP 6 <u>Formation</u>: Hands held at shoulder height, elbows bent and down. The hands should not be pushed foward into the circle, but should be comfortably near the shoulders. The dancers are in a broken circle with the leader at the R end. The R Ft should be crossed over in front of the L ft which holds wt. Characteristics: The dance is for both men and women and is rather lively. The styling for the women is more reserved than for the men. The feet should not be lifted, the far from the ground. FIRST STEP 2/4 time Meas, cts 1 Wt. is on the L ft, the R ft is across in front of the L Ι ft, toes touching the ground. Step to the R on the R ft. 2 Step across in front of R on the ort, a ft. s read sland vide troised ad II 1 sol Step to the R on theR ft. M vd vino boards vilenigino testisitetostado II 2 Swing the L ft across in front of the R ft sel of and and and 1 Step bkwd in RLOD on the L ft (still facing LOD) of all ological III 2 Step bkwd on the R ft (still facing LOD) retail of lines of term Turning to face center, step sdwd L on the Laift. establing boom and an IV 1 Step across in front of L ft on R ft 2 Step, sdwd to the L on the L ft to all V 1,2, Wt remains on L ft, cross R ft in front of L as in Beginning VI 1,2 Step across in front of the R ft on the L ft. (susq) II Variation The first three measures are the same. Measure four is as follows: Step sdwd L on the L ft (facing center) and of bybe god? 1 IV Step next to the L ft on the R ft. 1 9 of no of 2 1,2, Step L ft in place a diplod same trode od bloods th d) V 1,2 Wt remains on L ft, cross R ft in front of L as in VI beginning (pause) a block of brind of bloods 33 J odd Variation (Turns) A edd do dt 1 edd to thort at eeoros qui? of -no

Turn to the & on the first three cts of the first step -- the rest of the step is the same.

At meas. IV, a turn to the L can be done using three cts (step L,R,L,) ending the dance as usual.

Abbreviations added to fit U.P.O. syllabus formated not ed moltginger bas astol

Notes by John Pappas