

# MÉRMINGAS

[PELOPONISSOS, GREECE]

Source: Mérmingas (MEHR-ming-gahs) is a dance from Pelopónissos in southern Greece. It is done in Arkadía and is supposedly done at the time of wine-making or grape-crushing. Mérmingas is a person's name and the song is about a man named Mérmingas. He says he made three barrels of wine--the first two he gave away, the third, and the best, he kept for himself to liven his life. This particular version is as it was performed by Eléni Tsoúlis' dance troupe. According to Papahristos, the Mérmingas is the same as a very ancient dance called the "Epilífiós" which was also a dance depicting the work of wine making.

Bibliography: Elliniki Hori, A. Bikos (Athens, 1969).  
Elliniki Hori, V. Papahristos (Athens, 1960).  
Greek Folk Dances, M. Vouras & R. Holden (New Jersey, 1965).  
Panhellenion LP notes.

Music: Panhellenion LP. 2/4 meter.

Formation: Men in a broken circle with arms on shoulders.

Characteristics: This dance is slow and masculine in style. There is a feeling of strength in the movements.

<u>Meas</u>	<u>cta</u>	<u>Pattern</u>
<u>VARIATION I</u>		
I	●	Step to R on R ft.
	●	Step across in front of R on L ft.
II	●	Step sdwd to R on R ft facing ctr and leaving ball of L ft in place (R knee is bent).
	●	Lean to R, straightening R knee. (L ft may move slightly R.)
III	●	Step sdwd to L on L ft facing ctr and leaving ball of R ft in place (L knee is bent).
	●	Lean to L, straightening L knee (R ft may move slightly L).
	●	Repeat this Variation until second melody begins (four times).
<u>VARIATION II</u>		
I	●	Step to R on R ft.
	●	Step across in front of R on L ft.
II	●	Step sdwd to R on R ft (R knee is bent), face ctr. L ft is behind R calf.
	●	Straighten R knee.
III	●	Bend R knee.
	●	Straighten R knee.
IV, V, VI	●	Repeat meas I-III with reverse ftwork.
This Variation may be done with a leap onto a bent knee in Meas II, ct 1, or meas V, ct 1. Repeat meas I-VI twice until melody changes.		

Presented by John Pappas.

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