

PIDHICHTOS BANAS

(taught)

Sally's Tape

60

North Thrace

Leaping or Jumping

This dance Pidhichtos described below is a standardization of motifs based on the Zonoardhiko type dance common to the inhabitants of the village of Bana near to the town of Anchialos, now Pomorie, Bulgaria near the Black Sea. The villagers, ethnic Greeks, resettled in Greek Macedonia in the village of Kitros, following the First World War. Source - Joe Graziosi.

Formation: Open circle, belt hold

Rhythm: 6/8

Meas. Basic Pattern

- 1 Facing sl R of ctr: Step R fwd LOD (ct.1), step L fwd in front of R (2).
- 2 Repeat Meas. 1
- 3 Facing ctr step R to R (1), Hold, with or without a sl swing of L(2)
- 4 Step L sl behind R (1) Hold, with or without a sl swing of R (2)

Refrain A

- 1 Moving fwd into circle at a sl diagonal, Step R fwd (1) Step L fwd (2).
- 2 Repeat Meas.1
- 3 Step or jump onto R fwd (1) Hopping on R, swing L up (2)
- 4 Quick step L sl fwd (&), Step R sl fwd (1) Step L near to R (2)
- 5 Jump onto both R and L feet apart (1), Close R and L together, weight on L (2)
- 6 Step R diag back to R (1), Step L diag back (2)
- 7 Step R diag back (1) hold (2)
- 8 Step L behind R (2)

Refrain B

- 1 Moving fwd into circle at a sl diag. Step R fwd (1) Step L fwd sl behind R (&), Step R fwd (2)
- 2 Step L fwd (1), Step R sl behind L (&), Step L fwd (2)
- 3 Step or jump onto R fwd (1), Swing L up (2)
- 4 Step L across in front of R (1), Swing R up and across in front of L (2)
- 5-8 Same as Meas. 5-8 Refrain A above