

STÁ DYÓ -- POGONÍSIOS

(Greece)

Source: This dance is from Épiros, in northwestern Greece. More particularly, it is from the area of Pogóni in Epiros, thus the name Pogonísios, dance from Pogóni. Stá Dýo means that the dance has two steps. It is danced by both men and women. It is described in these three books:

Greek Folk Dances, M. Vouras and R. Holden,
(New Jersey, 1965)
Elliniki Hori, V. Papahristos, (Athinaí, 1960)
Folk Dances of the Greeks, T. and E. Petrides,
(New York, 1961)

Music: The music is in 2/4 or 4/4 time. The dance can be done to any Stá Dýo tune; the two most popular songs that I have heard are:

"Dén Boró Mannóula" Songs of Epirus "45" mistitled
"Sugorisios"
"Vasilikós Thá Gíno Stó Parathýri Sou" Epiros and its
Songs, LP-21
"Pogonísios" Folkraft "45" - the melody is "Dén Boró
Mannóula"

Formation: A broken circle with hands joined at shoulder height, elbows bent and down. The hands should not be pushed fwd into the circle, but should be comfortably back near the shoulders.

Characteristics: Depending on the feeling of the music, the dance has a free and joyous feeling with some spring in the steps -- there are no large movements.

<u>Meas.</u>	<u>cts</u>	4/4 (Slow, Quick, Quick)
I	1,2	Wt on R ft, step across in front of R ft on the L ft (Slow).
	3	Step sdwd R on R ft (Quick).
	4	Step across in front of R ft on the L ft (Quick).
II	1,2	Step sdwd to the R on the R ft (Slow).
	3	Step behind the R ft on the L ft (Quick).
	4	Step sdwd to the R on the R ft (Quick).

ΣΤΑ ΔΥΟ -- ΠΟΓΟΝΙΣΙΟΣ (Cont)

This basic step can be done to the R as many times as desired. With reverse footwork it can also be done to the L. As a transition, meas. II should be done as follows:

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|----|-----|--|
| II | 1,2 | Step sdwd to the R on the R ft (Slow). |
| | 3,4 | Step L ft next to R ft, releasing wt from R ft (Slow). |

Do the basic step as described above, only with reverse footwork beginning with the R ft. It usually fits the music well if you reverse direction on meas. IV of the basic step.

Abbreviations added to fit U.O.P. syllabus format.

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