

POGONISIOS (Diplos)
(Pogoni - Greece)

- SOURCE:** This dance is from Epiros, in northwestern Greece. More particularly, it is from the area of Pogoni in Epiros, thus the name Pogonisios, dance from Pogoni. Sta Dyo, another name for the dance means "two steps". It is dance by both men and women. Sometimes the Pogonisios is done with a fast part in the middle. I will describe both the basic Pogonisios and also the mixed tempo version.
- MUSIC:** Record - Folkraft LP 3; Panhellenion KT 1001. Can be done to any Sta Dyo tune; the two most popular songs are: "Den Boro Mannoula" and "Vasilikos." 2/4 or 4/4
- FORMATION:** A broken circle with hands joined at shldr ht, elbows bent and down. The hands should not be pushed fwd into the circle, but should be comfortably back near the shldrs.
- CHARACTERISTICS:** Depending on the feeling of the music, the dance has a free and joyous feeling with some spring in the steps.

MUSIC: 2/4 or 4/4

PATTERN

MEAS CT

4/4 (Slow, quick, quick)

- 1 1,2 Wt on R ft, step across in front of R ft on the L ft (slow)
3 Step sdwd to R on R ft (quick)
4 Step across in front of R ft on the L ft (quick)
2 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)

NOTE: This basic step can be done to the R as many times as desired. With reverse ftwk it can also be done to the L. As a transition to doing the step to the L, meas 2 should be done as follows:

- 2 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 ftwk beginning with R ft. Although there is no set pattern, you should move more to the R than the L.

It usually fits the music well if you reverse direction on meas 4 of the basic step.

In order to do the dance in a fixed pattern with mixed tempo music, we take the basic dance as described above and we expand it:

BASIC (FIRST MELODY SLOW)

- 1 1,2 Wt on R ft, step across in front of R ft on the L ft (slow)

continued...

POGONISIOS (Diplos) (Cont'd)

MEAS	CTS	
1	3	Step sdwd to R on R ft (quick)
	4	Step across in front of R ft on the L ft (quick)
2	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)
3	1,2	Step across in front of R ft on the L ft (slow)
	3	Step sdwd to R on R ft (quick)
	4	Step across in front of R ft on the L ft (quick)
4	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 bwd to the R on the R ft (quick)
5	1,2	Step across in front of R ft on the L ft (slow)
	3	Step sdwd to R on R ft (quick)
	4	Step across in front of R ft on the L ft (quick)
6	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)

With wt on L ft R ft free, repeat meas 1-6 with reverse ftwk moving to L. This total basic step is 12 meas long. You end with wt on the R ft L ft free.

BASIC (SECOND MELODY FAST)

1	&1,2	On "and" the upbeat, hop on the R ft. Step fwd on L ft (slow)
	3	Step on R ft next to L ft (quick)
	4	Step on L ft in place (quick)
2	1,2	Step bkwd on R ft (slow)
	3	Step on L ft next to R ft (quick)
	4	Step on R ft in place (quick)
	&	Hop on R ft
3	1,2	Turning to face L, step diag fwd on L ft (slow)
	3	Step across in front of L on R ft (quick)

continued...

POGONISIOS (Diplos)(Cont'd)

MEAS	CTS	
3	4	Step bkwd in place on L ft (quick)
	&	Hop on L ft
4	1,2	Turning to face R, step diag fwd on R ft (slow)
	3	Step across in front of R on L ft (quick)
	4	Step bkwd in place on R ft (quick)
	&	Hop on R ft

Repeat meas 1-4 to end of fast music. There are 8 meas to complete the fast step. In other words, the second step is done twice through. At the end of the fast step, the L ft is free to begin the slower basic step.

NOTE: During the fast music, the dancer may just do the basic Pogonisos step in LOD to the end of the fast melody, and in fact this would be more common. The above version is slightly arranged.

Presented by John Pappas
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