

SERENITSA
(Pontos)

The dance Serenitsa (pronounced Sherianitsa in the Pontian dialect) is one of the most popular line dances found today in the Pontian communities. Pontos is the old geographic name for the northeastern Turkish Black Sea coastal regions, centered around Trabzon. The Greeks of this area, who had their own independent state in medieval times prior to the Ottoman conquest, were forced by treaty to leave and resettle in Greece in the 1920's. They have, however retained to a remarkable degree their own dance and music traditions. The etymology of the dance name is obscure: some say it comes from the place name (H) Sheriana, the present day Siran, in the south Pontos; Others say it comes from the phrase (H) Shere Annitsa "Farewell, Little Anna", yet others (T. Petrides), say it comes from the TurcoPersian girin, meaning "sweet". Recently, the dance has undergone a bit of choreography by Pontian performing groups who have added figures associated with the exhibition dance "Serra". Source is the Pontian communities of Athens, Salonica, Boston and New York.

Formation: Short lines, semi-circular, dance starts with down V hold.

Meter: 7/16 (2.2.3) (♩.♩♩) Cts. (1.2.3)

Meas.

BASIC

- 1 Facing R of ctr, slight hop on L, swinging R fwd LOD (ct 1); Step on R (ct 2); Close L next to R, (lifting R slightly fwd in preparation for next ct) (ct 3).
- 2 Repeat action of meas. 1.
- 3 Pivoting to face L of ctr, slight hop on L, swinging R around and slightly fwd of L (ct 1); Step on R (ct 2); Step L fwd LOD (ct 3).
- 4 Repeat action of meas. 3 above.
- 5 Pivoting to face ctr, raise hands to an upright A position, step R ft bk (ct 1); Bounce slightly (ct 2); Lift L up and behind, bouncing up slightly from bent knees (ct 3).

6 - 8 Repeat action of meas. 5 above, alternating ftwk each measure ie. meas. 6 opp ftwk; 7, same ftwk; 8, opp ftwk.

NOTE: If the steps bkwd meas. 6-8 are performed instead almost in place, then the step lifts are performed with a slight swing fwd.

A) MEAS. 4-8: The step-lifts can be substituted any time with alternating R-L-R , L-R-L , done in place (ie. basically weight shifts)
Q Q S Q Q S
feet next to each other.

B) MEAS. 8: Often performed: small step L fwd (slightly diag R) (ct 1); Step R next to and behind L (ct 2); Larger lstep L fwd (ct 3).

VARIATION I

1 Pivoting on L to face diag L of ctr, stamp R next to L, bending at waist (ct 1); Lift up R (raising up slightly from bent pos) (ct 2); Swing R to the R (knees bent) (ct 3).

2 (Pivoting L ft to face slightly R of ctr), stamp R down, bending at waist, facing diag R (ct 1); Lift up R (ct 2); Swing R around toward L (ct 3).

3 - 8 Repeat action of meas. 3-8 of BASIC.

SERENITSA (Cont'd)

Meas.

VARIATION II

- 1 Bending fwd from waist, stamp R fwd R (ct 1); Taking weight onto R, lift L up (ct 2); Swing L across and fwd R LOD (ct3);
- 2 Stamp L in front of R (ct 1); Slight bounce from knees, lift R up (ct 2); Pivoting to face L of ctr, swing R around to fwd LOD (ct 3).
- 3 - 8 Repeat action of meas. 3-8 of BASIC.
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VARIATION III (Brosta')

- 1 Facing ctr, slight hop on L; swing R slightly fwd (ct 1); Step R ft fwd (ct 2); Step L next to R (ct 3).
- 2 - 4 Repeat action of meas. 1 above three times.
- 5 - 12 Repeat action of meas. 1-8 Variation I exaggerating the steps backwards in meas. 5-8.

NOTE: Variation I can be preceded by exaggerated movements of BASIC, Meas. 8, NOTE B.

NOTE: Meas. 1-4 of BASIC can be performed with a characteristic shoulder shimmy usually done with a bend fwd from waist and release of hand hold.

NOTE: The variations signalled vocally by leader are never repeated twice in a row but are done sporadically.

Presented by Joseph Kaloyanides Graziosi