

SERENITSA  
(Greece)

The Greeks of Pontos were isolated for thousands of years in an area in the Black Sea. Their dances most dramatically recall aspects of the austere seafaring life, still survive the captivating ritualistic character. These people who maintained their identity despite the many invaders in history, can still be discovering aspects of the ancient Greek dance, as may be seen depicted in ancient Greek vases, particularly the "kordax." "Sherra" (or heira, in Greek) means widow, and "nitsa" is the diminutive, thus "little widow."

Pronunciation: Sheh-reh-nee-tsah

Record: Pontic Dances - Dances of the Pontic Greeks  
#PD - 1234; 33-1/3 extended play.

Rhythm: 7/16 meter, counted thusly: ct 1 = 3/16; ct 2 = 4/16 (2/16 + 2/16).

Formation: Begins with hands held down facing the ctr.

Meas

Pattern

- 1 Flexing knee, step R ft to R (ct 1); bring L ft almost to R heel (ct 2).
- 2 Maintaining the flexed knee, step again to R with R ft (ct 1); step in place with L ft (ct 2).
- 3 Change direction and cross R ft front of L to RLOD (ct 1); bring L ft to R ft in place (ct 2).
- 4 Step R ft to L crossing front of L ft to RLOD (ct 1); step L ft in place (ct 2).
- 5 Raise arms high as preparation to step bkwd. Step with R ft to bkwd R pointing L ft front and tremolo (ct 1); step with L ft bkwd to L pointing R ft front (ct 2).
- 6 Repeat meas 5.

Bring arms down and start all over again.

Presented by Nikos Savvidis