

1971 SAN DIEGO STATE COLLEGE FOLK DANCE CONFERENCE

Presented by Athan Karras

SIMBETHERA
(See-mbeh-the-rah)

SOURCE: Presented by Simos Kostandinou, from Florina Macedonia. According to Simos, the name "simbetheras" means , mother-in-law and the dance depicts a kind of a pride that the older women of the village of Alona display at the festival, as if to say as they are about to dance "we are still beautiful", look at us as well". This dance is from the Macedonian area of Greece, by the village of Alona.

or relative-by-marriage

RECORD: Intersection Records IR -012

FORMATION: Open circle, holding hands down, facing LOD

<u>2/4</u>	<u>PATTERN</u>
Measure	Step HOP
1	Step L, raise R up
2	Step R, bring L ft almost behind R, ^{Rock step on L} and small step in place with R (QQQ)
3	Step HOP on R and step on L, hop on L and step on R
4	Step HOP on R and step on L, hop on L and step on R
5	Change direction and face into ctr of circle, raise hands to shoulder height. Hopping on R, raise L and cross behind R.
6	Hopping on L, raise R and cross behind L, hopping on R, raise L and cross behind R.
7	Step R behind without hop, step L crossing in front of R, and you are ready to start from the beginning. The hands also come down on last count.

VARIATION: Meas 3 & 4 can be done turning

Leader raises a handkerchief and twirls it in the air, or raises hand high as if to give signal to start the dance or to maintain enthusiasm of all in the line.