

Sirtos & Balos

Συρτός & Μπάλος

(Mytilini Northeastern Aegean Sea)

Sirtos and Balos/Ballos are typical dances of the island of Lesbos/Mytilini. It is danced in couples to different tunes, melodies and lyrics. There are many different versions of this dance throughout the Greek islands. The term "Balos" derives from the Italian ballare (to dance) and ballo (a dance or ball), from the Latin ballo, ballare, (to dance). The Latin term derives from the original Greek βαλλίζω (ballizo), to dance or jump.



Pronunciation: SEER-tos, BAH-los

Music: Christos Papakostas, 2013 Teaching Tour

Formation: Couple dance. Hands in W- pos (Sirtos). In Balos, dancers release hands and dance face-to-face. Improvisation

Style: Dancing in couples. Typical Greek islands movement (flexible knees). To be done in slow-quick-quick to 4/4 time. Movement to slow-quick-quick is big-short-short.

METER: 4/4 (or 2/4)

PATTERN

Meas

SIRTOS

INTRODUCTION: Wait for 2 measures

Figure 1

- 1 Step on R slightly to the L(cross)(ct.1). Touch L toe in place while bouncing on R(knee) in place (ct. 3- 4)
- 2 Step on L slightly to the R(cross)(ct.1). Touch R toe in place while bouncing on L(knee) in place (ct. 3-4)

Figure 2

- 1 Step on R slightly to the L(cross)(ct.1). Touch L toe in place while bouncing on R(knee) (ct. 3), Lift L (ct.4)
- 2 Step on L slightly to the R(cross)(ct.1). Touch R toe in place while bouncing on L(knee) (ct. 3), Lift R (ct.4)

BALOS

Same steps and style as in Sirtos. Dancers release hands and dance face-to-face.

Sequence:

Introduction (no action)

Iterations of Sirtos (Figure 1 and Figure 2).

Then release hands for Balos to the end of the music.