

SYNGATHISTÓS

(Epirus, Greece)

This dance comes from the Metsovon region of Epirus, but is also known in parts of northern Thessaly. It is a couple dance, or preferably, a face-to-face type dance. The music is in two parts, the first being 8/4 and the second 7/8.

MUSIC: SDNM (Songs of Epirus) and SZ 45-1b or available on tape.

RHYTHM: Part 1: 8/4 Dancer's cts, unless otherwise indicated are: q e q q e
1 2 3 4 5

Part 2: 7/8 Dancers cts: q. q q
1 2 3
S Q Q

FORMATION: Facing partner (can be two M or two W), arm or arms held up and out about head level, or hands on hips for W.

NOTE: The arms move or wave freely during this dance, M often snap fingers.

METER: 8/4 & 7/8

PATTERN

Meas

Part 1 (slow music 8/4)

- 1 Step R ft to R (ct 1) ; step L ft across and in front of R ft (ct 2) touch R ft next to L heel or lift R ft behind L knee (ct 3); step R ft to R (ct 4); lift or hop on R ft, bringing L ft up in back or in front of R knee (ct 5).
- 2 Repeat meas 1, opp ftwk and dir.

NOTE: This is a very free style dance within its rhythmic parameters. Turns, hops, squats and slaps can be added at will. Also the arms move freely or only one arm can be used. The turns, for example, fit well during cts 1-3, hops and squats on ct 4, slaps on cts 5 or 1. During Part 1 couples tend to move together in the same general direction (i.e., mirror-image, with opp ftwk).

Part 2 (fast music 7/8)

- 1 Step R ft to R (ct 1); step L ft across and behind R ft (ct 2); step R ft in place (ct 3).
- 2 Repeat meas 1, opp ftwk and dir.

Variation

- 1 Step R ft across and in front of L ft (ct 1); step L ft to L (ct 2); step R ft back (ct 3).
- 2 Repeat meas 1 of Variation, opp ftwk and dir.

NOTE: During Part 2, partners can move toward, away from, around each other, etc., in a very free fashion.

Presented by Steve Kotansky at the Laguna Folkdancers Festival 2001