

1966 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Chris Tasulis

SYNGATHISTOS
(Greece)

A graceful courtship dance from Epirus, showing strong Asia-Minor influence. It derives its name from the sitting or squatting position characteristic of one of its figures.

MUSIC: Record: Panhellenion KT-1001.

METER: Fig. A & B $\frac{5}{4}$ count measure 1, 2, 3, 4, 5, &.
 Fig. C $\frac{2}{4}$ count measure 1 & 2 & (walking "partalo" step).
 Fig. D & E $\frac{2}{4}$ count measure 1, 2 (tempo quickens).

NOTE: In Fig. C, D & E there are 2 cts. to each musical measure, but 8 steps to each dance phrase.

FORMATION: The dance begins as a couple dance face to face, and ends as a line dance. Fig. A & B - couple dance, face to face, with arms outstretched. Fig. C, D & E - line dance, arms joined at shoulders.

Measure	Count	Action	FIGURE A (face to face)
1	1	Cross-step with Left foot in front of Right LOD (bend Right leg slightly at knee).	
	2	Step to Right with Right foot.	
	3	Cross-step Left foot in front of Right.	
	4	Pivot slightly center on ball of Left foot, bringing Right foot together.	
	5	Heels down and hold.	
2-8		Repeat action of Fig. A, meas. 1 (8 times).	
Measure	Count	Action	FIGURE B (face to face)
1	1	Pivot to Left <u>and squat</u> , body erect.	
	2	Pivot to Right and begin to rise.	
	3	Rise, body erect.	
	4	Extend arms out.	
	5	Palms of hands outstretched but NOT touching partner's; Hold ct. 5.	
2,3		Repeat action of Fig. B, meas. 1 (3 times).	
4	1-5	Do a complete turn CW, stepping R, L, R, together (arms outstretched on 4th ct.); hold ct. 5.	
5-8		Repeat action of Fig. B, meas. 1-4	
		Repeat action of Fig. A & Fig. B.	
Measure	Count	Action	FIGURE C (walking "Partalo" step) (line dance)
1,2	1-4	Take 4 walking steps LOD (Right foot to Right with Left foot crossing in front of Right).	
3	5,6	Step to Right with Right foot and swing Left foot in front of Right.	
4	7,8	Step backward on Left foot and swing Right foot behind Left knee. (cont'd)	

continued..

SYNGATHISTOS (cont'd)

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<u>Measure</u>	<u>Count</u>	<u>Action</u>	<u>FIGURE C (cont'd)</u>
			Repeat action of Fig. C - 7 times.
<u>Measure</u>	<u>Count</u>	<u>Action</u>	<u>FIGURE D (tempo quickens) (line dance)</u>
1,2	1-4		Take 4 running steps LOD.
3	5,6		Leap to Right ("pas de bas" step R, L, R).
4	7,8		Leap to Left ("pas de bas" step L, R, L).
			Repeat action of Fig. D - 6 times.
<u>Measure</u>	<u>Count</u>	<u>Action</u>	<u>FIGURE E (tempo quick) (line dance)</u>
1,2	1-4		Take 4 running steps LOD.
3	5,6		Leap to Right with both feet together (body erect).
4	7,8		Leap to Left ("pas de bas" step L,R,L).
			Repeat action of Fig. E until end of dance.