

# VARIS HASAPIKOS

## Slow Hasapiko

### SLOW HASAPIKO

(Sailor's Dance)

Greek folk dance.

Record FOLK DANCER MH4052.

This dance can be done to any good Hasapiko tune, unlike other folk dances where only one melody is identified with a dance, there are innumerable tunes for the Hasapiko. This record was played by John Pappas and his ensemble. John has been on the staff of many folk dance camps and is a noted Greek Folk Dance teacher.

The dance is usually done by men only in short lines of not more than 5 or 6 persons...Nowadays women do it too, usually in a separate line, sometimes with the men. Hands are on each other's shoulders. For teaching purposes we like to have dancers hold ordinary hands until they have mastered the steps...then have them take the proper shoulder hold.

There is no set number of times one does any figure, nor is there a set sequence of figures. You may see many lines of dancers and each one is doing something different as each line is following its own leader. One should not assume leadership unless one not only knows the dances, but is able to move from one figure to an other in a comfortable way so that the rest of the line can follow easily. Again for teaching purposes we like to keep the same pattern going for a while until everyone knows the figures, then, and then only, do it real Greek style, by improvising on the figures and the number of times each figure is done and the sequence. Here we give you only a few of the most common Hasapiko figures...others can be learned with competent leaders.

### BASIC STEP:

(A)

Lunge forward on Left foot with bent knee. Right foot is tucked behind Left foot. Swing Right foot around and forward in a wide loop and bring it down in back of Left foot. Step on Left foot.

CUE: (1) Step on Left foot. (2) Swing Right foot forward. (3) Swing Right foot in back of Left foot and step on it. Count 4, Step back on Left foot.

(B)

On the "and" count or upbeat, do a small flick of Right foot over in front of Left foot, then move diagonally forward to Right onto the Right foot. Cross and step on Left foot over in front of Right foot and quickly drop back onto Right foot and pause.

CUE FOR WHOLE BASIC STEP: Slow, slow, slow, slow-"and" quick, quick, quick, pause.

### VARIATIONS:

TOES:

In place, turn right toe out to right. Then turn R heel out to Right. Bring Right heel back to place, then Right toe back to place. Repeat with other foot.

Turn both toes outward, then turn heels apart, Then bring Heels back to place, then bring toes together.

SWIVEL STEP: Bend knees as you swing both toes to Right and turn torso to Right. Straighten up bodies as you swing heels to Right to replace toes. Do as many swivel steps as you want. It is usually followed by a

RECOVERY STEP. Do 3 steps to Right: Step to Right onto Right foot  
Step and Cross Left foot over Right.  
Step back onto Right foot.

Continued on reverse side-----

COUNT DOWN STEP: Moving sideways to Left. Cross Right foot over Left.  
Step on Left foot. Continue for 3 more times or 4 times all told.  
Moving sideways to Right. Cross Left foot over Right.  
Step on Right foot. Continue for 3 more times or 3 times all told.  
Moving sideways to Right. Cross Right foot over Left.  
Step on Left foot. Do it once more, for a total of 2 times.  
Facing center, Cross Left over Right. Cross Right over Left.  
And go right into the Basic step described on reverse side.

GRAPEVINE STEP: Starting with Right foot, move sideways to Left with a grapevine step. Cross Right over Left to start. Do 8 steps. Finish the grapevine like this: Dip forward with a knee bend on Right foot, step back on Left foot. Place Right foot down beside Left foot. Go right into the basic step.

FINGER SNAP: Drop hands, do a low deep knee bend and turn torso to Left and to right as you snap fingers in air. Do a recovery step and go into the basic step. You do this figure for as many times as you like, always finishing with recovery and basic step.

TOUCH SIDE: Touch Right toe to Right side. Then step on Right foot crossed in front of Left as you crouch low.  
Touch Right toe to Right side again, then step on Right foot in back of Left as you bend low.  
Touch Right toe to Right side again, then make a complete full turn to Left, swiveling on Left foot.  
Pause and finish with basic step.

APART-APART Turn toes and heels apart several times spreading feet out, then turn them in until feet are together again. Jump apart and together several times. Finish with basic step.

It is good to use a wide variety of Hasapiko records in your group and Folk Dance House can send you any number of them. Incidentally, the dance usually begins with a step to Right. Bring Left foot up to it. Reverse to Left. Then again to Right. This introduction sets the mood of the dance.

ALTERNATE VERSION OF BASIC STEP:

1. Lunge forward on Left foot.
2. Touch Rgt. toe down beside Right heel.
3. Touch Rgt. toe down beside Right toe.
4. Kick Right foot forward.
5. Step back on Right foot and pause
6. Step back on Left foot and pause.

More extensive notes on the Slow Hasapiko and additional variations written by John Pappas are available for .20¢.