

VARI HASAPIKOS

VARI-HASAPIKO
(Greece)
(VAH-REE HAH-SAH-PEE-KOH)

The contemporary form of the dance appears to have evolved in the seaport taverns of Greece within the past fifty years. It is done slowly and deliberately, with small precise movements, and depends for its effectiveness on a fluid synchronization with the leader. This dance has no sequence, consisting only of a basic step and variations. Variations are initiated by the leader and are limited only by his inventiveness. The lines must be short, the feet somewhat close together, and the bodies crouched slightly forward on the initial step.

Seven variations are given below. Others will be published at a later date.

MUSIC: Suggest: Odeon HGRA 1154 (45 rpm).
Grecophone 304, "Encore", Trio Bel Canto, Side 1,
Bands 3 and 5 - Side 2, Bands 2 and 5.

METER: 4/4

FORMATION: Short lines of 4 to 6 dancers with hands on shoulders, leader on R end of line.

THE DANCE

Counts

BASIC STEP

- 1 Fall fwd onto L ft.
- & Start to bring R ft around in front of L - or lightly touch R toe behind L ft and then bring R ft around.
- 2 Bring R ft in front of L ankle.
- & Raise R ft and then bring R ft around behind L.
- 3 Step on R ft behind L heel.
- & Bring L ft around behind R.
- 4 Step on L ft behind R heel.
- & Pull R ft back across L instep.
- 5 Step on R to R.
- & Step on L crossing in front of R.
- 6 Step slightly back on R ft.
- & Pull L ft back across R instep - or slightly raise L knee in front of R.
- 7 Touch L heel in front of R ft.
- & Hold - or with wt on R ft, slightly raise L knee in front of R.

This is the Basic Step. To complete the musical phrase of 2 meas, extra steps may be added. A step which can be used is called the Mangiko. The leader may also use it as a rest step.

MANGIKO

- 8 Touch L heel in front of R ft.
- & With wt on R ft, slightly raise L knee in front of R.

continued...

Two basic step endings taught at the Santa Barbara Conference by Sonny Newman are:

NO. 1

- 7 Step on L lifting R behind slightly off floor. Lean slightly fwd.
- & Step back on R lifting L slightly off floor in front. Straighten body.
- 8-& Repeat cts 7-&.

NO. 2

- 7 Touch L heel in front of R ft.
- & Tilt L toes to R.
- 8 Tilt L toes to L.
- & Pull L ft back across R instep.

Many dancers do not use these endings. Instead they go directly into the variations. Thus ct 7 or 8 becomes ct 1 of a variation. The steps then, do not fit the musical phrase. However, the leader may use any of the above three endings (or some of his own invention) at any time to come back on phrase. These endings are also used after the variations, if the leader desires.

VARIATIONS

ZEIBEKIKO

- 1-4& Repeat the Basic Step, cts 1 thru 4 &.
- 5 Step out to R on R. Feet wide apart.
- & Rock to the L.
- 6 Rock to the R.
- & Pull L ft back across R instep.
- 7 Touch L heel in front of R ft.

ZORBA-PSEFTIKO ENDING

- 1 Step on L across and in front of R.
- & Step on R to R.
- 2 Step on L behind R.
- & Step on R to R.
- 3 Step on L across and in front of R.
- & Bring R around in front of L in preparation to reverse direction.
- 4 Step on R across and in front of L.
- & Step on L to L.
- 5 Step on R behind L.
- & Step on L to L.
- 6 Step on R across and in front of L. Now the Pseftiko Ending follows.
- & With body leaning slightly fwd swing L ft bwd.
- 7 Step on L to R of R ft.
- & Swing R ft fwd and around to-
- 8 Step on R behind L.
- & Swing L ft fwd and around to-
- 9 Step on L behind R.
- & Bring R ft to R side of L.
- 10 Step on R.
- & Step fwd on L with body leaning slightly fwd.
- 11 Step back on R.
- & Pull L ft back across R instep.
- 12 Touch L heel in front of R ft.

continued...

TRIA, THIO KAI KATO

- 1 Step on L across and in front of R.
- & Step on R to R.
- 2-& Repeat cts 1-&.
- 3 Step on L across and in front of R.
- & Bring R around in front of L in preparation to reverse direction.
- 4 Step on R across and in front of L.
- & Step on L to L.
- 5-& Repeat cts 4-&.
- 6 Step on R across and slightly diag of L, going down into a kneeling pos. L knee does not touch but is close to floor.
- & Raise slightly.
- 7 And go down to floor again.
- &-8 Repeat cts &-7.
- & Rise from crouch and bring R ft to R.
- 9 And step on R ft.
- & Step on L in front of R with body leaning slightly fwd.
- 10 Step back on R.
- & Pull L ft back across R instep.
- 11 Touch L heel in front of R.ft.

TRIA, THIO KAI MESA

- 1-5 Repeat cts 1 thru 5 of Tria, Thio Kai Kato.
- & Bring L ft around in front of R.
- 6 Step on L to R of R ft.
- & Bring R ft around in front of L.
- 7 Step on R to L of L ft.
- & Bring L ft around and-
- 8 Close L to R ft.
- &-9 Pivot on heels opening toes.
- &-10 Pivot on toes opening heels.
- &-11 Pivot on toes closing heels.
- &-12 Pivot on heels closing toes.
- & Jump and-
- 13 Land with both ft apart.
- & Jump and-
- 14 Land with both ft together.
- &-16 Repeat preceding cts &, 13, &, 14.
- & Lean fwd and-
- 17 Fall fwd onto R ft.
- & Lean fwd, bring L ft fwd and-
- 18-24 Finish with the Basic Step, cts 1 thru 7.

Continued...

PANO KATO

- 1 Step fwd onto L ft.
- & Touch R toe behind L ft.
- 2 Swing R ft fwd and up.
- & Bring R ft around in front of L and-
- 3 Step on R to L of L ft in full knee bend.
- & 4- & Rising, swing R ft fwd, up and around to R, and behind L ft.
- 5 Step on R behind and to L of L ft in full knee bend.
- & 6- & Rising, swing R ft up and out to R and bring around in front of L.
- 7 Step on R to L of L ft in full knee bend.
- & 8 Pivot CCW on both ft ending with wt on L.
- & 9 Rising, step on R to R with a broad step.
- & 10 Slowly close L to R ft, do not take wt.

MISO ANICHTO KLISTO

- 1 Step on L to L with a broad step.
- & 2 Slowly close R to L, dragging R ft. Keep wt on L ft.
- & Lift toe and twist R ft to R, pivoting on R heel.
- 3 Lower R ft flat on floor.
- & Raise R heel and twist R ft to R, pivoting on R toe.
- 4 Lower R ft flat on floor.
- & Raise R heel and twist R ft to L, closing to L heel.
- 5 Lower R ft flat on floor.
- & Lift R toe and twist R ft to L, closing to L ft.
- 6 Lower R ft flat on floor.

GHONATO

- & On ct & of previous figure raise L knee in front of R.
- 1 Step fwd onto L ft.
- & Bring R ft slightly behind and to the R of L ft.
- 2 Kneel with R knee touching floor.
- & Pivot R knee to R.
- 3 Touch R knee to floor.
- & Pivot R knee back to L leg.
- 4 Touch R knee to floor.
- & Start to rise and-
- 5 Stand with both ft together.