

BALLOS

(Island of Chios, Greece)

Music: Liberty 134-B "Matia san kai ta dika sou"
Victor 26-8638 "Ballos"

Formation: Couples; see individual figures for positioning.

Steps Used:

- (1) "Forward Syrtos" - done in "slow-quick-quick" tempo. M's steps given here; W uses opposite footwork.

Meas. 1 s Lft forward
 q Rft forward
 q Lft forward

Meas. 2 s Rft forward
 q Lft forward
 q Rft forward

Meas. 3 Same as Meas. 1

Meas. 4 s Rft back
 q Lft back
 q Rft back in place

- (2) "Cross-Balance" - M's step given here; W uses opposite footwork.

Meas. 1 s Step L with L ft.
 q Step onto R ft in front of L ft.
 q Shift weight onto L ft.

Meas. 2 Same as Meas. 1, but opposite footwork and direction.

- (3) "Side Syrto with Cross"

	<u>MAN</u>	<u>WOMAN</u>
M. 1	s Step L ft across in front of R ft; bring L shoulder forward.	Step R with R ft; bring R shoulder forward.
	q Step R ft to R; bring R shoulder fwd.	Step L ft behind R ft; bring L shoulder forward.
	q Step L ft across again; bring L shoulder fwd.	Step R with R ft; bring R shoulder forward.
M. 2	s Step R ft to R; bring R shoulder forward.	Step L ft behind R ft; bring L shoulder forward.
	q Step L ft across; bring L shoulder fwd.	Step R ft to R; R shoulder fwd.
	q Step R ft R; R shoulder fwd.	Step L ft behind R ft; L shoulder fwd.

Note: The twisting of the shoulders in this step is tricky, and should be attempted gradually. During the steps themselves, those taken on the count "slow" tend to be on the full foot, while those on "quick" are on balls of feet.

BALLOS (continued)

ROUTINE

INTRODUCTORY FIGURE: Done at the beginning of dance and not repeated thereafter. M & W side by side (W on M's R) facing CCW around floor. Do "Forward Syrto" for 8 measures, inside hands joined. W's hand on hip, M's free hand on hip or held out to side. Then turn toward each other, join L hands and move around axis of joined hands, doing "Forward Syrto" 8 more measures. (One complete turn, returning to place).

FIGURE I: Dancers keep L hands joined, but both face CCW around the circle. Girl's free hand on hip, boy's free hand (R) extended to side behind girl. Take "Forward Syrto" steps for 8 measures in this position.

FIGURE II: Release hands. W puts both hands on hips. M puts L hand on own hip. Both take one fwd. Syrto step (4 meas.), the W making a full turn R with her steps on Meas. 1-2. Repeat, for a total of 8 measures.

FIGURE III: W moves forward in LOD with forward syrto step. M makes a preliminary one-half turn R so that his back is in LOD, his L arm extended in front of her (as if blocking her way). His syrto step is done backwards, so that both dancers move CCW in LOD around floor. On the final measure of the syrto step, each dancer makes a one-half turn L, and then do the figure in the opposite direction (against LOD, i.e., CW around the floor), M's R arm extended in front of W this time. Total 8 measures.

FIGURE IV: Partners face, M's back to center, W facing center. Do 8 "Cross-Balances." During the first four, M. raises arms horizontally at shoulder level and snaps fingers on each down-beat. W's hands on hips. During the final four, W raises arms and snaps fingers, M places backs of hands at small of his back.

FIGURE V: Doing "Side Syrto with Cross," partners move around each other one time, facing throughout. W's hands on hips, M's arms raised, he snaps fingers. Total 8 measures.

WHOLE DANCE IS DONE TWO MORE TIMES, BEGINNING WITH FIGURE I. REMEMBER THAT THE "INTRODUCTORY FIGURE" IS NOT DONE AFTER THE BEGINNING OF THE RECORD.

SESTINSKI DRMES (Croatia)

Music: Records: Jugoton C-6262 (78); Monitor LP 344, side 1, band 3.

Formation: Circle of about 8 or more dancers, back-basket hold.

Meas. I. Moving CW, facing diag. CW.

1-7 14 very proud, erect walking steps, beginning on L, and NO SHOOSHING.

8 Stamp L-R

9-16 Repeat action meas. 1-8, again moving CW.

17 Continuing to move CW, "Plop" step: With a very slight preliminary hop on R, jump onto both ft, L ft fwd bearing wt (ct 1); close R ft to L ft, taking wt on R.

18-23 Continuing to move CW, dance six more "plop" steps.

24 Stamp L-R.

25-31 Continuing CW, dance 7 more "plop" steps.

32 Jump twice in place on both ft (not very high), turning to face CCW.

II. Moving CCW, facing diag. CCW

1-32 Moving CCW, repeat all action of Fig. 1, with opposite footwork.