

BERÁTIS
(Greece)

In the Balkans, where rhythmic patterns, which most who are accustomed to Western music alone find exotic but which once they have become familiar, delight most listeners, one of the most exotic, delightful and unused of rhythms is an eight divided "slow", quick, slow." This rhythm is found in the dance Berátis whose name is derived from the name of a city, Berat, which once was a part of Epiros where Berátis is danced, but now lies within the political boundaries of Albania.

SOURCE: Learned from the co-director of the Lykeion ton Ellinedhon of Athens, in Athens December 1973.

MUSIC: FOLKRAFT LP 6, (B3)

FORMATION: Danced in a line with M and W holding hands at shldr ht.

8/4 PATTERN (This dance is a 2 measure dance)

<u>Measure</u>	<u>Count</u>	
1	1-2	Facing somewhat to the RLOD, step on R to R, lifting L leg to L with bent knee, M high, W low
	3	Step on L across in front of R
	4-5	Turning to face "center", hook R ft behind L leg, M near knee, W near ankle or touch near L ft.
	6	Facing again somewhat to the RLOD, step on R to R
	&	Rock onto L sideways to L
	7	Rock onto R sideways to R
	8	Step on L across in front of R
2	1-3	Repeat meas 1, cts 6-8
	4-5	Turning to face "center", touch or point R ft fwd
	6-7	Step on R to R
	8	Rock onto L sideways to L

NOTE: While not complicated, this is one of the most stately and elegant of Epirot dances. It alternates between surges of forward motion and moments when the dancers stand frozen in place. Try to avoid extraneous bouncing and hand movements - the bouciness which we are so fond of in Balkan dancing is replaced in this dance by an angularity which, in time, becomes equally pleasing.

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Miami Valley Folk Dancers, Dayton, Ohio