

Beratis

(From Northern Epirus, today's Albania)

Learned from Vasiliki Tzoumerka-Knoedler, founder and leader of Mesoghios Greek Dancers in Madison, WI.

Meter: 8/4, hands in W hold

Measure 1

Counts:

- 1 Step on L to R in front of R bending both knees
- 2 Bounce with weight on L
- 3 Lift R in front of L pivoting on L to face center while bouncing on L
- 4 Bring R back in small arc to touch L calf w R ankle while bouncing on L
- 5 Bounce on L
- 6 Pull R away from L calf slightly and touch L calf again while bouncing on L
- 7 Same as 5
- 8 Same as 6 (alt: Leader only can stamp R heel behind L instead)

Measure 2

Counts:

- 1 Step R back, bending both knees
- 2 Bounce with weight on both
- 3 Lift L in front of R while bouncing on R
- 4 Step forward on L while swooping down and up again
- 5 Bounce on L
- 6 Lift R in front of L while bouncing on L
- 7 Bounce on L
- 8 Bring R back in small arc to touch L calf w R ankle while bouncing on L

Measure 3

Counts:

- 1-2 Step back on R while holding L slightly above floor and slightly forward of R , twisting hips slightly to L so L heel turns closer to R toe
- 3 Twist hips back straight and step L slightly forward of R while bending both knees
- 4 With knees bent twist counterclockwise slightly
- 5 Straighten knees
- 6 Lift L in front of R while bouncing on R
- 7 Bounce on R
- 8 Bring L back in small arc to touch R calf

Part 2 Pogonisos (Sta Dhio), Meter 4/4.

Measure 1

Counts:

- 1-2 Facing center, step R slightly to R and hold
- 3 Step L back
- 4 Step R slightly to R

Measure 1 variation, called by leader

Counts:

- 1 Hop on L in place
- 2 Step R forward
- 3 Step back on L
- 4 Leap onto R next to where L was, while kicking L forward and slapping L foot with R hand

Measure 2

Counts:

- 1-2 Step L to R crossing in front of R and hold
- 3 Step R to R
- 4 Step L to R crossing in front of R

Described and presented by Yuliyana Yordanov, © 2008