

BOGDANOS
Greece

This dance comes from a little town in extreme Eastern Thracian Greece, which has Bulgaria to the North and Turkey to the East. The area is called "Evros" as that is the name of the river which runs through it. Some of the Greeks now living in the area come from families that were moved there from Bulgaria in the 1920's.

I learned this dance from Kyriakos Moisidis, who conducted a workshop in St. Louis, Mo in February of 2008.

Kyriakos lives in Greece, teaching and performing dance throughout the country. He conducted just a few workshops in the United States, but I am sure we will see more of him in the coming years. He came equipped with music, but no dance notes.

Rhythm: 7/8 or 1-2, 1-2, 1 2 3 or quick quick slow throughout

Formation: Mixed line of men and women, arms W position, shoulder height.

Style: Bouncy

The dance:

- I. Backing out of the circle at a slight angle to the right (as in Cocek)
Step R, step L, step R and touch L to R.
Step fwd on L, bringing R close to L (but not touching floor)
Cue: back, back, back, tch, fwd touch

This figure repeats throughout the **vocal**

- II During the instrumental, the "back touch" and "fwd touch" changes to "1,2,3" 1,2,3"
Cue: back, back, one two three, one two three

ARMS: The arms move the same for both parts: They swing down and slightly back when moving back, coming up on the "back touch" or "1,2,3". They remain up and stretched out in front, with elbows slight bent when going forward --Coming down as you back up;

Presented at DCFF, July, 2008 by Dit Olshan as learned from Kyriakos Moisidis

Notes by Dit Olshan