

# Kyriakos Moisidis

## Bahia 2011

### Notes on the dances

THE NAME OF THE DANCE	Lissavo (Λισάβω)
THE TITLE OF THE SONG	~
REGION	Ghumenissa, Macedonia
RYTHM	7/...{3+(2+2)}
HAND-HOLDING *	W
DIRECTION	Right
DANCERS	Women

THE NAME OF THE DANCE	Sofka (Σόφκα)
THE TITLE OF THE SONG	~
REGION	Ghumenissa, Macedonia
RYTHM	7/...{3+(2+2)}
HAND-HOLDING *	V....W....V...
DIRECTION	Right ~ Left
DANCERS	Men & Woman

Two dances from the area of Ghumenissa at the central part of Macedonia. This area has a long tradition with woman dances based mostly on same kinetic motives characteristic for the entire region of Central Macedonia. The names of the dances are always coming here from the title of specific songs and almost always are a woman's name

explanation: **W** = arms bend at elbows    **V** = arms down    **Λ** = arms high

**T** = arms hold from the shoulders    **X** = crossing arms

**Γ** = one arm hold from the shoulder one in a W position

## LISSAVO

Region: Ghumenissa, Macedonia

### **W hold:**

*Note: Usually danced by women. Leader holds L hand toward small of back without touching it.*

### **8-count Intro .....**

1. **To LOD:** walk R, L, RLR, LRL; walk R, L, R, L (*steps 1 and 3 of the walk are longer than steps 2 and 4*); leap on R, step L.
2. **Zigzag:** R to R diagonal, touch L; L to L diagonal, touch R; R to R diagonal, touch L.
3. **Back up:** (*still facing LOD*) with L, R, L, touch R. \*

\*Note: On the back-up part, leader may turn over left shoulder with L, R, L to end parallel with the 2nd person in line, changing hands. To return, leader passes in front of 2nd person on L, R, L, returning to original place as leader with original hand hold.

## SOFKA

Region: Ghumenissa, Macedonia

### **V ... W ... V ... hold:**

*Arms start in W position.*

1. **Facing center:** Step touch, bringing arms down. Step touch to LOD. Walk R, L, RLR, LRL; step R to R side (*to face center*), step back on L, close R to L (*dipping*), lift L raising arms to W position; step L, touch R.
2. **To RLOD:** Walk R, L diagonally in toward center; RLR, LRL on circle line; step R across L, turning to face center, step back on L, close R to L (*dipping*), lift L, step L, touch R.

## KATERINO

Region: Rumluqi, Macedonia

### **V ... W ... hold:**

*Note: Leader has L arm by small of back but not touching. Arms start in V position.*

### **No intro .....**

1. **To LOD:** Step R fwd across L, hold; L close L (*also crossing*), hold. Repeat 2 more times.
2. **Step R to R** to face center, lift L twice raising arms to W position.
3. **Step L behind R**, lift R twice; step R to R, lift L twice.
4. **Step L behind R**, touch R, hold.
5. **Step into center** with R, touch L; step back on L, close with R across L; Repeat.
6. **Step R to R**, lift L twice; step L behind R, turning to RLOD and lift R twice.
7. **Step R forward**, leaving L behind, hold; step L to L to face center, hold.
8. **Step back on R**, cross L over R.
9. **Repeat** from beginning, changing arms back to V position.

*Music begins to change to faster rhythm.*

10. Step R to R, lift L; step back on L, lift R.
11. Side behind turning to LOD; step touch, step touch, walk walk (R, L).
12. Repeat 10 & 11 once more with step touches, walk walks.
13. Repeat 10 & 11, **replacing step touches with RLR, LRL** (*feet cross*) .... to end of music.