

LEFKADITIKO BALLO

Ionian Is., Greece

This dance was presented by Nancy Mylonas at the 1994 Santa Barbara Symposium.

TRANSLATION: A ballo from the town of Lefkada

PRONUNCIATION:

MUSIC:

FORMATION: Open circle, facing ctr. with hands joined in "V" pos.

RHYTHM: 2/4 meter danced almost always as: 1 2 & (S.Q.Q)

METER: 2/4

PATTERN

Meas.

INTRODUCTION: 2 meas, beg with full orchestra

FIG. I: CROSSOVER

- 1 Leap R to R in plie as L moves close to or just behind R heel - upper body bends sdwd slightly twd L (ct 1); step L to L (ct 2); step R beside L - face R of ctr (ct &).
- 2 Step L across R (ct 1); step R to R - face ctr (ct 2); step L beside R - face L of ctr (ct &).
- 3 Step R across L (ct 1); step L to L - face ctr (ct 2); step R beside L - face R of ctr (ct &).
- 4 Step L across R (ct 1); step R to R - face ctr (ct 2); step L beside R (ct &).
- 5-16 Repeat meas 1-4, 3 more times (4 in all).

FIG II: IN & OUT

- 1-2 Moving in LOD and facing R of ctr - beg R, do 2 two-steps (cts 1-2-&, 1-2-&).
- 3 Facing ctr - step R-L fwd - arms swing fwd and up (with slightly bent elbows) to head ht or higher (cts 1-2); step R beside L (ct &).
- 4 Repeat meas 3 with opp ftwk moving bkwd - hands swing down to "V" pos.
- 5-8 Repeat meas 1-4 with same ftwk moving to L.

FIG. III: SYRTO

- 1 Facing R of ctr and moving in LOD - step R to R (ct 1); step L behind R (ct 2); step R to R (ct &).

- 2-3 Step LRL- RLR fwd in LOD (cts 1-2-&).
- 4 Step L fwd in LOD (ct 1); step R bkwd - turning to face ctr (ct 2); step L beside R (ct &).
- 5-8 Repeat meas 1-4 (twice in all).

BRIDGE: CIRCLE CW

- 1-2 Releasing hands - step RLR-LRL, circling once to R (CW) - hands in "W" pos (cts 1-2-&, 1-2-&).

FIG. IV: LONG STEP WITH KICK

- 1 Facing R of ctr and moving in LOD, and rejoining hands - lift/hop on L (ct ah); long step fwd on R in plié (ct 1); close L to R sharply as R kicks fwd (ct 2); step R fwd (ct &).
- 2-4 Repeat meas 1, alternating ftwk, 3 more times (4 in all).
- 5-8 Repeat meas 1-4 to L with same ftwk.

FIG. V: IONIAN STEP

- 1 Facing ctr and moving sdwd to R - step R to R (ct 1); step on ball of L ft behind R (ct 2); leap R to R as L swings across R (ct &).
- 2 Step L across R (ct 1); step on ball of R ft to R (ct 2); step L across R (ct &).
- 3-8 Repeat meas 1-2, 3 more times (4 in all).

SEQUENCE:

Fig 1	Fig 1	Fig 4	Fig 2
Fig 2	Fig 2	Fig 5	Fig 3
Fig 3	Fig 3	Fig 4	
Bridge	Bridge	Fig 5	

Dance notes by Dorothy Daw from camp video.

Beverly Barr

"Arriving Las Vegas" Workshop

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