

O YATROS
Epiros, Greece

Ted Sofios learned this dance from Ioanni Doukas, Dance Instructor of the Lykeon Ellinithon of Thessaloniki. He learned it from the leader of the Eykeon Ellinithon of Ioannina, Epiros. (The Lykeon Ellinithon is a society of Greek women whose purpose is to preserve traditional costumes and dances and present them to the public.)

Nobody does or says it better than John Pappas when it comes to Epiros. This quote is from the Stockton Dance Syllabus of 1976. "Like most dances of Epiros, the movements are generally slow and stately. The feeling is proud and the dance should reflect this in the style of the dancers. There is a tension in the movements-- this is not to say they are stiff and jerky! The movements should be slow and fluid, but controlled at all times. Rather than moving immediately there is usually a slight delay to each movement."

This dance was taught by Ted Sofios at the 1979 San Diego S.U.F.D. Conference.

RECORD: Dances of Greece (EP) 7901, Side 1, Band 2 (Then Boro Manoula)

FORMATION: A line of dancers facing LOD. Hands in "W" pos. Slow, proud, restrained.

METER: 4/4

PATTERN

Meas. Cts.

BASIC:

- 1 1 Facing R and moving LOD, step on R.
- 2 Step on L.
- 3 Step on R to R and face ctr.
- 4 Lift L in front of R.

- 2 5 Step on L to L.
- 6 Lift R in front of L.
- 7 Step R behind and to L of L. Both knees bent.
- 8 Step on L next to R (close).

VARIATION I:

- Cts 1-2 Turn CW stepping R,L in LOD. M's arms up "like eagles", W's hands on hips, fingers fwd.

VARIATION II:

- Cts 5-6 Pivot turn to L on L. Lift R.

VARIATION III:

- Cts 7-8 R knee lowers almost to ground for bounce (keep back straight). This is a X's step.

VARIATION IV:

- Cts 7-8 Dip on Knee and turn bkwd to R, raising on ct 8.

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VARIATION V:
Cts 1-4 "Greek Walk" to R, dipping knee almost to floor; straighten up to lift L (ct 4). This is a M's step.

VARIATION VI:
Cts 1-8 Pa de Basque (PDB) with leaps: Step R,L (cts 1-2); PDB to R (cts 3,4,&); PDB to L (cts 5,6,&); large leap to R on R (ct 7), step L across R high in air (cts 8). Note legs are kicked high in the air on leaps and cross on cts 7-8.

The variations may be used in almost any combination. Many other combinations may be added within the basic frame work.

Styling: All dips and squats, etc. are done with straight backs. In Basic Step, M lift legs almost parallel to floor. W touch toe in front instead of lift.

Presented by Maria Reisch
1979 Camp Hess Kramer Institute, Oct. 12-14, 1979

CT	DESCRIPTION	REMARKS
1	Step on R and moving L to R	
2	Step on L	
3	Step on R to R and face ctr.	
4	Lift L in front of R.	
5	Step on L to L.	
6	Lift R in front of L.	
7	Step R behind and to L of L. Both knees bent.	
8	Step on L next to R (close).	
<u>VARIATION I:</u>		
1-2	Turn CW stepping R,L in LOD. M's arms up "like eagles". W's hands on hips, fingers fwd.	
<u>VARIATION II:</u>		
1-2	Pivot turn to L on L. Lift R.	
<u>VARIATION III:</u>		
1-2	R knee lowers almost to ground for bounce (keep back straight). This is a X's step.	
<u>VARIATION IV:</u>		
1-2	Dip on knee and turn fwd to R, raising on ct 2.	

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