

OMAL (TRAPEZOUNTEIKON)  
(Greece - Pontos)

Source: The Greeks who live near the Black Sea, in the area called the Pontos, were returned to Greece approximately 50 years ago in a population exchange of nationals with Turkey. They lived in the Pontos for over 2,000 years. As Dora Stratou says, "They have retained their customs, dances, religion, and language. To this day, they still use many ancient Greek words, often speaking entire sentences in ancient Greek."

Pronunciation: oh-MAHL

Bibliography: Elliniki Hori, V. Papahristos (Athens, 1960).  
Greek Folk Dances, M. Vouras, and R. Holden (New Jersey, 1965).

Music: The music is in 9/8  
 short, short,  
 short, long  
 Record: Folkraft LP-6

Formation: Dancers in a broken circle with the hands joined at shldr height, elbows bent and down. The hands should be comfortably back near the shoulders.

Characteristics: Small steps with no large movements.

<u>Meas.</u>	<u>cts</u>	<u>Basic step 9/8</u>
I	d	Step fwd on the R ft twd the ctr of the circle.
	e	Step lightly fwd on the L.
	e	Stamp the R ft lightly next to L.
II	e	Step back on the R.
	e	Swing L across in front of R.
	e	Step to L on L.
	e	Step quickly to the R on R.
	e	Swing L across in front of R.
III	e	Step to L on L.
	e	Swing R across in front of L.
	e	Step to R on R.
	e	Step quickly to L on L.
	e	Swing R across in front of L.

VARIATION:

I		Same as meas I above.
II	d	Step back on R.
	e	Step fwd on L.
	e	Step back on R.
III	e	Step to L on L.
	e	Touch R toe in front of L.
	e	Touch R toe diag fwd to R.
	e	Touch R toe in front of L.
	e	

Presented by John Pappas