

PÁNO HORÓS
(Karpathos, Dodecanese Islands)

The Páno Horós (meaning "up") is the most popular dance done in the northern part of Karpathos Island. It belongs to the "Sousta" family of dances. However, the dance which they call Sousta is slower in tempo and is more popular on the southern half of the island. The páno Horós (a 3 meas. pattern) is characterized by the addition of the Sousta pattern (6 meas.) onto the front end of the line. All Sousta type dances are characterized by a delay in placing weight on the left foot in Meas. 1 giving the dance a springing feeling (Sousta = spring of a carriage). Karpathos is noted for the vitality of its folk traditions and even today it is standard for the Páno Horós to last 2-3 hours without a break during a celebration. Source is as learned from Haris Skevofilakas and members of the Karpathanian Youth Federation.

Formation: Semi-circle, mixed line, by tradition 2 men shouldn't dance next to each other; front cross arm (L over R) hold, hands about chest high, shoulder to shoulder.

Meters: 2/4

Meas.

BASIC

1 Step R to the R (ct 1); Lift L slightly up and fwd (slight hop on R) or drag L in front of R (no weight taken) (ct 2); Step L slightly in front of R (ct 2).

2 Step R to the R (ct 1); Step L next to or slightly in front of R (ct 2); Step R slightly to R, raise L somewhat off ground (ct 2).

3 Reverse ftwk and direction of meas. 2 above.

NOTE: It is not uncommon for many dancers, esp. those further from the front end to perform meas. 2-3 with simple step-close (cts 1-2) with or without bounce for the ct 2.

NOTE: Steps are performed with weight on balls of the feet, knees bent and flexible, slight bounces continuously.

NOTE: The basic can be performed travelling with small steps to the right or in place.