

POGONISSIOS

Pronounced: PO-GHO-NEE-SSI-OSS

Danced in the Pogoni area of Epirus, and thus derives its name. Most commonly danced to the tune of EVGA STO PARATHYRI (come to your window). There are many different tunes as well maintaining the same rhythm and style. It is referred to as the syrtos from Epirus, also STA THYO (in two measures) and often will either turn into a STA TRIA (in three measures) or in a lively syrtos. Men in accenting their feelings take deep knee bends, and also on occasion kicking high and landing into a knee bend. The dance is slow, deliberate and should be accompanied by singing.

FORMATION: An open circle holding hands and keeping them low until the grapevine step, when arms are raised and again bring them down.

RECORDING: PANHELLENION Folk Ensemble KT10001 bd 7, and other recording from Epirus

MUSIC 2/4 PATTERN S,Q,Q,=Slow, Quick, Quick

Measure:

1 Moving in LOD step with L ft across in front of R ft with accenting and bending knee in (S) counts 1-2

step R ft to R (Q) count 3

2 step L ft to R crossing in front (Q) count 4
large step to R with R ft (S) counts (1-2)

step with L ft crossing behind R ft bending both knees slightly (Q) count 3

step to R with R ft (Q) count 4

3 repeat measure #1

4 repeat measure #2

5 repeat measure #1

6 repeat measure #2

On 6th measure end by closing L ft to R ft (Q)

Now you are ready for the same procedure to LLOD starting with R ft.

7-12 same as above only in opposite direction.

MUSIC NOW CHANGES TO A FASTER RHYTHM, INSTRUMENTAL PART

1 hop and step fwd on R ft to ctr (S)

cross L ft in front of R ft, raising R ft slightly (Q)

step R ft in place (Q)

Continued...

Pogonissios (Contd)

- 2 hop and step bwd on L ft, crossing R ft in back of L ft
raising L ft, step L ft in place (SQQ)
- 3 hop and step to R with R ft (S)
cross L ft in front of R ft (Q) step R ft in place (Q)
- 4 hop and step L ft to L, crossing R ft in front, step L ft in
place (SQQ)

THE SECOND FIGURE CAN ALSO BE DONE AS A STRAIGHT SYRTO TWICE AND THEN
IMMEDIATELY INTO THE POGONISSIOS STEPS

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VASSILIKOS THA YINO STO PARATHYRI SOU
MORE " " "

KI'ANYPANTROS THA MINO YIA TO HATYRI SOU
MORE " " " "

EVGA STO PARATHYRI KRIF'AP TIN MAMNA SOU
MORE " " " " "

KE KANE POS POTIZIS TIN MANTZOURANNA SOU
MORE " " " "

TESSERA PORTOKALIA T A THYO SAPISSANE
MORE " " " "

IRPHA YIA NA SE PARO KE THEN M'AFISSANE
MORE " " " "