


POS TO TRÍVOUN TO PIPÉRI

(PANHELLENIC)

Pronunciation: pohs toh TREE-voon toh pee-PEH-ree










Source: This dance is popular in many forms throughout Greece. It can even be found in other countries. The dance might be called a dance-game. The title refers to the words of the song: "How do they grind the pepper?" There are different melodies and different styles or types of steps, depending on where in Greece the dance is being done. The dance has many comic movements to represent the grinding of the pepper.

Music: 2/4 

Folk Dancer 45 no. 4053-A

Formation: The dance is done in an open circle with hands joined at shoulder height; elbows are down. The hands should not be pushed fwd into the circle, but should be comfortably back near the shoulders.

Characteristics: This dance is like a party game. It is danced by children, but is also done by adults at festive occasions. It is humorous and joyful. It is characteristic for one or two men to hold a belt or switch (once I saw a broom used) and act as enforcers. That is, if anyone refuses to do a step, or is slow about performing, the enforcer threatens that person with menacing motions of the belt. This "pretended" whipping forces the dancer to perform the call as given by the singer. Often the lead dancer sings the song, giving commands for the different variations. There are any number of possible variations. Among those I have seen are: foot, knee, elbow, hand, nose, forehead, ear, tongue, shoulder, back, back of head, and "rear." In between these variations, the line of dancers performs the basic step. In some areas, Sta Tría is done, in others, the Syrtós.

Meas	cts	Pattern
		<u>Syrtos Sta Tría Variation</u>
I		Facing LOD, step to R on R ft.
		Step across in front of R on L ft.
II		Step sdwd to R on R ft (facing ctr).
		Touch ball of L ft next to R ft (or raise L ft in front of R).
III		Step sdwd to L on L ft.
		Touch ball of R ft next to L ft (or raise R ft in front of L).
		<u>Alternate step in meas II</u>
II		Step sdwd to R on R ft (facing ctr).
		Step across in front of R ft on L ft.
		Step back in place on R ft.

Repeat this Syrtós Sta Tría until the singer gives a command for one of the movements that represent the grinding of the pepper. With the recording listed you would do this step five times plus the first two steps of meas 1.

First Command — ME TO PÓDI (with the foot)

I-XVI 1-32 Standing on the L ft, lightly stamp the R ft in place next to the L 32 times.

Second Command — ME TO GÓNA (with the knee)

I-XVI 1-32 Go down on R knee with the L ft holding wt; lightly touch R knee to floor 32 times.

continued...

Meas cts

Pattern

- I-XVI 1-32 Third Command-- ME TO HÉRI (with the hand)
Go down on both knees (or on one knee) and hit the floor 32 times with the R hand doubled into a fist.
- I-XVI 1-32 Fourth Command -- ME TI MÍTI (with the nose)
Go down on hands and knees and touch the nose to the floor 32 times.
- I-XVI 1-32 Fifth Command -- ME TO KÓLO (with the "rear")
Sit on the floor, and with hands and feet holding weight, touch the seat to the floor 32 times.

At the completion of each of these "pepper grinding" variations do the basic step until the next command is given. The Greeks usually leave plenty of time for these variations, as there is usually lots of horseplay between the man or men with the belts and the dancers who are slow about doing the steps. However, you may do the basic Sta Tría step eight times and then do the "pepper grinding" variations only 16 times.

An alternate form of the dance uses the basic Syrtós instead of the Syrtós Sta Tría. In this case, the "pepper grinding" variations would alternate with the Syrtós. These two variations of the basic step shouldn't be mixed at the same time.

Syrtós Variation

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|-----|---|---|---|
| I | 1 | ↓ | Step sdwd to the R on R ft. |
| | 2 | ↗ | Step behind (or in front) of R ft on L ft. |
| | & | ↖ | Step sdwd to the R on R ft. |
| II | 1 | ↓ | Step across in front of R on L ft (facing LOD). |
| | 2 | ↗ | Step to R on R ft. |
| | & | ↖ | Step across in front of R on L ft. |
| III | 1 | ↓ | Step sdwd to R on R ft (facing ctr). |
| | 2 | ↗ | Step slightly fwd on L ft. |
| | & | ↖ | Step back in place on R ft. |
| IV | 1 | ↓ | Step sdwd to L on L ft. |
| | 2 | ↗ | Step slightly fwd on R ft. |
| | & | ↖ | Step back to place on L ft. |

Alternate step in meas III and IV

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|-----|---|---|--|
| III | 1 | ↓ | Step sdwd to R on R ft (facing ctr). |
| | 2 | ↓ | Touch the L ft in place next to R (or raise L ft in front of R). |
| IV | 1 | ↓ | Step sdwd to L on L ft. |
| | 2 | ↓ | Touch the R ft in place next to L (or raise R ft in front of L). |

Do this step four times and then do the "pepper grinding" variation. If you wish to do the "pepper grinding" variation only 16 times, then six of these basic Syrtós steps should be done.

Sometimes only Syrtós or only Sta Tría are done to this song.

Presented by John Pappas.

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Tapas Camp 78