

BALLOS

(Island of Chios)

Source: Learned from Mr. G. Kolaras of Athens.

Music: Liberty 134-B "Matia san kai ta dika sou"
Victor 26-8368 "Ballos"

Formation: Couples; see individual figures for positioning.

Steps Used:

- (1) "Forward Syrto" - done in slow-quick-quick tempo. M's step given here - W uses opp. ftwk.

Meas. 1 s Lft fwd
q Rft fwd
q Lft fwd.
Meas. 2 s Rft fwd.
q Lft fwd.
q Rft fwd.
Meas. 3 Same as M. 1.
Meas. 4 s Rft bk.
q Lft bk.
q Rft in pl.

- (2) "Cross-Balance" - M's step given; W uses opp. ftwk.

Meas. 1 s Step L with Lft.
q Step Rft in fr. of Lft.
q Shift wt. onto Lft.
Meas. 2 Same as M. 1 but opp. ftwk.

- (3) "Side Syrto with Cross"

	<u>MAN</u>	<u>WOMAN</u>
M.1 s	Step Lft across in fr. of Rft.	Step Rft to R.
q	Step Rft to R.	Step Lft behind Rft.
q	Step Lft across.	Step Rft to R.
M.2 s	Step Rft to R.	Step Lft behind Rft.
q	Step Lft across.	Step Rft to R.
q	Step Rft to R.	Step Lft behind Rft.

Eventually, as the above step is mastered, the shoulder of the stepping foot is brought forward on each step, giving a swaying effect.

INTRODUCTORY FIGURE: Done at beginning of dance and not repeated thereafter. M & W side by side (W at R) facing CCW around room. Do "Forward" Syrto for 8 meas. Then take L hand in L hand and move around axle of joined hands with two more forward syrto st.

FIGURE I - Promenade with Joined Left Hands. Dancers face fwd in LOD, M to L and behind W, L hands joined. M's R arm out to side in back of W. Take two "Forward Syrto" steps in this position

FIGURE II - Release hands. W puts both hands on hips. M puts L hand on hip. Both dancers take one fwd syrto step, the W make a full turn R with her steps on M. 1-2. Repeat the figure for a total of 8 meas.

FIGURE III - W moves fwd with one Forward Syrtos. M faces W, his L arm extended in front of her. He moves backward in LOD. Four measures. On M.4, each dancer makes $\frac{1}{2}$ turn, and then do figure in opp. direction, M's R arm extended in fr. of W.

continued...

fwd 8
L hand
star
2 me

Balls

Times slow, gu, gu, fwd (Basic)

2 L hand star

6x8 ft 2 Basic fwd. L hands join. M. K arm blk of W.
1 " " (M hand on hip. K out behind W.
W has both hands on own hips

7 " W turn R (CW). *

4 L arm block fwd in L O D (M releases on meas 4)

4 R arm block in R L O D M W

Cross Balance L to R, K in front of L, L in place etc

8 meas cross balance

(1st 4 - M arms out + snap.
W hands on own hips

2nd 4 M hands at back
W arms out + snap

side sytle L in front of R, R to K, L in front of R
R to K, L across, R to K etc.
(always L across + K to R) but
follow the slow, gu, gu

M arms out + snap
W hands on hips

8 side sytle cww (1 turn)

Do all 2 move times began with fig