

1964 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Oliver "Sonny" Newman

BALLOS

(A Greek Couple dance starting in line)

As taught and danced by Oliver
"Sonny" Newman at Folk Dance Center,
New York City.

RECORD: Folkraft 1463A

FORMATION: (1) Line of couples, M holding W's R hand in his L.
(2) M w/back to center and facing W.
(3) Both moving frwd in LOD, M holding W's L hand in his R.

METER: 2/4 Counted as Slow, Quick, Quick.

PHRASING: 4 Measures of 2/4 repeated 3 times.

SOURCE: Learned in Athens from a demonstration group performing at the Summer Folk Dance Festival and arranged to fit this record music by Sonny Newman.

STYLE NOTE: The style of this Ballos is very bouncy, unlike the usual very smooth Ballos. Each 1st count of a measure should be preceded by an upbeat or a hop on the supporting foot such as is frequently seen in the end of the first measure of a Syrto. The other 2 counts should be very bouncy running steps. (The upbeat described is accomplished thusly as is shown in the diagram below. Don't listen for it, just know where to do it.)

		(long)	(short)	(short-hop)	
Meas.	Cts	1	2	& a	1 etc.
	Stps	R	L	R, Hop R	L etc.

Handkerchief should be used by M & W. Hands are held at shoulder level unless otherwise specified. Names of steps are for identification while teaching.

Step 1 (Syrto w/turn)

Phrase	Meas.	Cts.
1	1	(1) Step R to rt. (2) Cross L behind R. (&) Step R to rt.
	2	(1) Cross L in frt R. (2) Step R to rt. (&) Step L to rt.
	3	(1) Step R to rt. (2) Cross L over R. (Leave R hover over its position) (&) Rock R back to place.

(Stop Movement in LOD and do this step in place)

Continued...

BALLOS (CONT'D) Page -2-

(NOTE: The preceding is the usual pattern for Kalamatiano or Syrto measures 1 - 3.)

Phrase	Meas.	Cts.
	4	(1) Step L to lft. (Starting to turn lft.) (2) Cross R over L. (Continuing turn to lft.) (&) Step L. (Finishing turn to L.)

NOTE: The body should incline to rt. and the turn should set you up for a natural move into ct. I of the next measure. Although the turn is to the left it should not stop the flow of movement to the right.

The preceding completes one musical phrase of the dance. It is repeated twice more with the exception of measure 4, phrase 3, in which the man only varies the step by turning 1/2 so that his back is to the center of the circle and he is in front and facing the women. Thus:

3	4	(1) Step L to lft. (2) Step R across left (Turning 1/2 turn) (&) Step L beside R (M is now facing W)
---	---	------------------------------------------------------------------------------------------------------------

Step II (Balance w/do si do) (Partners facing, M's backs to center)

This step is a combination of 2 steps and takes 6 phrases of music to complete the step 3 times instead of 3 phrases.

Phrase	Meas.	Cts.
1	1	(1) Step R to rt. (2) Cross L over R (Leave R hover over position) (&) Rock R back to place.
	2	(1-2) Execute turn as described for meas. 4 of Phrase II, Step 1.
	3	(1) Step frwd twds ptner R. (2) " " " " L. (Leave R hover.) (&) Rock back on R.

This step should bring the partners so that rt. hips are more or less adjacent. Rt. arm and hand extended across, but not touching, partner's middle. Left arm slightly above shoulder level and extended out.

	4	(1) Step L back from ptner. (2) Step R " " " (&) " L next to R.
2	1	(1) Step frwd twds ptner R. (2) " " " " L. (&) " " passing ptner R.
	2	(1) Step L frwd past ptner. (2) Step R turning to left. (&) Step L completing 1/2 turn to left. (Partners are now

Continued...

BALLOS (CONT'd) Page -3-

facing w/W's back to circle center.

3-4 Repeat measures 1-2 of phrase 2, step II exactly.

Partners are once again facing each other w/M's back to center.

Repeat Phrases 1 & 2 of Step II twice more exactly.

Step III (Rocking step)

Women hold handkerchief by two opposite corners just below eye level. Play with it flirtatiously moving it back and forth in front of the face while the Men hold same corners of their handkerchiefs behind their necks. (This play with the kerchiefs is not typical of Greek girls, but is done in imitation of Turkish girls. Therefore it seems there is no definite style and may be loosely interpreted by the dancer.

Phrase	Meas.	Cts. (Both ptrs move in LOD)
1	1	(1) Step R (W to their rt M cross R to lft.) (2) Step L (Letting the body swing slightly w/step.) (&) Step R.
	2	(1) Step L (Continuing in LOD.) (2) Step R. (&) Step L.
	3	Same as Measure 1.
	4	(1) Drop w/slight knee bend onto both feet. (2) Step R (straightening up). (&) Step L.
2	1	Girls repeat Phrase 1. Men do the following: (1) Drop to full knee drop on both feet. (2) Come up onto L. (&) Cut R across L taking weight.
	2-4	Repeat Meas. 1
3	1-4	Men and Women repeat Phrase 1 of Step III.

NOTE: The Men come out of Phrase 2, Step III with L foot free instead of R. Start Phrase 3 with L and don't do the drop on Measure 4 of Phrase 3. This sets the Men up for the next step with his L free which is correct.

Step IV (Turning step. Step is described for Women. Men do oppos)
(Both start moving in LOD)

Phrase	Meas.	Cts. (M start w/L, W w/R)
1	1	(1) Step R to rt. (2) Cross L behind R. (&) Step R to rt.

Continued...

BALLOS (CONT'D) Page -4-

- | | | |
|--------|-------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Phrase | Meas. | Cts. |
| | 2 | Execute 2 turns using all cts of meas 2 and ct. 1 of meas 3.
(1) Cross L over R (Start turning rt.)
(2) Step R (Cont. turning rt.)
(&) Step L (Cont. turning rt.) |
| | 3 | (1) Step R to rt. (This step finishes the 2 turns.)
(2) Cross L over R. (Partners are facing each other and the result of meas 3 is the usual cross over as done in meas 3 of step 1, Ph 1, Step I.)
(&) Rock back R. |
| | 4 | (L) Touch L to L. (Take no wt. and hold cts. 2, 2&). |
- 2 Reverse Phrase 1 and travel counter LOD. NOTE: The M is now doing what is described in Phrase 1 for the W, and she is reversing it.
- 3 Repeat Phrase 1 with the exception of the fourth measure in which the M move into line ahead of W to start dance from beginning thusly:

- | | |
|-------|--------------------------------------------------------------------------------------------------------------------------|
| Meas. | Cts. (MEN) |
| 4 | (1) Step R frwd to rt side of W.
(2) Step L turning rt into place beside W.
(&) Hold this count w/no change of wt. |
| | (WOMEN) |
| | (1) Touch L (Take no wt.)
(2) Step L.
(&) Hold wt on L. |

At this point both ptars are free with their R R foot to begin the dance over. It is repeated exactly until you come to meas. 4, phrase 3, of step IV. At this point instead of the dance starting over you go into another step which is done thusly:

- Back at STEP IV
- | | | |
|--------|-------|------------------------------------------------------------------|
| Phrase | Meas. | Cts. (MEN) |
| 3 | 4 | (1) Step R in place.
(2) Step L in place.
(&) Hold R free. |
| | | (WOMEN) |
| | | (1) Touch L to L.
(2) Step L to L.
(&) Hold, R free. |

Man remains in center. Takes W's L hand in his R.

Step V (Promenade)

- | | | |
|--------|-------|----------------------------------------------------------|
| Phrase | Meas. | Cts. (Both) (Move frwd in LOD) |
| 1 | 1 | (1) Step R frwd.
(2) Step L frwd.
(&) Step R frwd. |

Continued...

BALLOS (CONT'D) Page -5-

Phrase	Meas	Cts
	2	Repeat Meas. 1, ftwk continuing in LOD, alternate ftwk.
	3	Repeat Meas. 1.
	4	W turns 1/2 turn to rt. stepping as in meas. 2 ending w/bk to LOD. M repeat meas. 2. (Hands are not held during turn.)
2	1-3	Do exactly the ftwk as in Phrase 1, Meas. 1-3. M hold their rt hand across W's middle not touching. Left hand extended at shoulder level. M move frwd, W bkwd.
	4	(1) Step L beginning 1/2 turn rt. (2) Step R completing the 1/2 turn. (&) Step L. (Now M have back to LOD and W are facing.)
3	1	(1) Step R. (M move back in LOD, W move fwd in LOD) (2) " L. (&) " R.

2 Reverse ftwk.

3 Repeat Meas. 1

4 Reverse ftwk. Meas. 1

Step VI (Ending) Only one Phrase. (Man in lead take W's R hand in his L as in beginning of dance.)

Phrase	Meas.	Cts.
1	1-3	Same as Meas 1-3 of Phrase 1, Step 1.
	4	(1) Step L to lft. (2) Cross R behind L touching R toe to floor and taking no weight. (&) Hands raise in air, feet stay as in ct. 2.