

# BALLOS

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PRONOUNCED: Bah-llōhs

SOURCE: This is the favorite of the Greek islands. It is in the classification of syrtos, which is a smooth flowing easy lilt in the dance movement. It's quality of movements are lyrical, almost reminiscent of the sea as the island people are very close to the sea, and the influence in their lives. The girl always follows the man as if to keep up with him, and try to create a similarity of movements and steps. As the man returns from his solo, bending and slapping his heels, filled with joy in her presence, he twirls her around like a sailboat, and tenderly courting her, both dancers holding handkerchiefs and swishing them as they pass each other.

FORMATION: The dance starts as a line dance holding hands down, then the dancers face each other, and later in a court position where dancers stand in couples next to each other side to side.

RECORD: Picnic In Greece 01 24-13

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## PATTERN

### Measure FIG (A)

- 1 Step to RLOD with RLR (cts. 1,2,3)
- 2 step to RLOD with LRL (cts. 4,5,6)
- 3 step to RLOD with RLR (cts. 7,8,9)
- 4 step to LLOD with LRL, crossing front of L ft with R ft

- 1-4 Repeat same as above  
on 45h measure man steps and faces girl on the inside of the circle.

### FIG (B)

Both dancers cross R ft behind L ft raise on toes and do a rocking step, which is almost in place, traveling ever so slightly in RLOD, and swaying body completely from R to L

- 1 Three little steps RLR
- 2 " " " LRL
- 3 " " " RLR
- 4 man does deep knee bend on both feet, bringing handkerchief circling around and down, while girls do only a half knee bend.

- 1-4 Repeat same as above.

### FIG (C)

Dancers still facing each other, girl with hand on hips gentleman with hands stretched out to sides and snapping fingers

- 1 Step to RLOD with R ft, cross L ft in front and step R ft in place
- 2 same as in meas. #1, only with LRL
- 3 same as in meas. #1
- 4 same as in meas. #2, but both dancers turn

*Continued...*

Measure FIG (D)

- 1-4 Taking steps as in FIG (C) as in a Do-Si-Do around each other, ending up facing each other.

FIG (E)

- 1 Stepping fwd passing R shoulders with RLR  
2 stepping fwd passing R shoulders with LRL  
3 stepping bwd " " " " RLR, gentleman bending down as he passes girl, swaying handkerchief as if to touch girl's ankle  
1-4 Same as above

FIG (F)

- Gentleman steps in and takes girl's L hand with his R hand in a court position stepping fwd  
1 with RLR  
2 with LRL  
3 with RLR  
4 stepping bwd with LRL  
1-4 Same as above

FIG (G)

- 1-3 Same as in FIG (F)  
4 Gentleman turns the girl clockwise traveling fwd in LOD  
1-3 Same as above  
4 Girl does only half turn and faces partner in LOD

FIG (H)

- 1-2 Man steps fwd, girl steps bwd RLR, LRL  
3-4 Change position and man steps bwd and girl steps fwd  
1-4 Repeat same as above

At the end of this, man steps into the circle taking girl's R hand with his L and closing the circle, starting sequence from start as in FIG (A)

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At end of three times through the sequence, gentleman takes girl's both hands and in 4th meas., slowly turns both girl and man under both arms. At the end of the 4th meas., give girl one quick twist turn.....