

- NOTES:** Ballos is the main dance of all the Greek Islands. It is classified as Syrtos, meaning that it is smooth flowing and lyrical. Like most island dances it starts as a line dance and couples break off and dance with each other. It is believed to have elements in the dance that were left to the Greeks by the Venetians who ruled the Greek Isles for many years. The dance is known as a courtship dance and theerotic flirtation is essential. Also being an island dance it has ideas from the sea, and we can easily see movements that are related to sailing in the Aegean waters. The girl follows the man, always when needed, while he wanders off into a solo. Then fullled with joy in her presence, he whirls her around like a sailboat and courts her, holding a handkerchief about his neck, while the girl flirts with delicate movements.
- MUSIC:** PICNIC IN GREECE, Olympic 24-13 (compiled by A. Karras)
- RHYTHM:** 2/4 time
- STYLING:** All dancers hold handkerchiefs in an open circle. Boy on the R and the girl on the L. The basic step is syrto step in 4 meas. only for the styling of the Ballos the 1st step is accented, in the (S) is a large step and the (Q,Q) smaller. Each part is broken down into 2 phrases A & B so that A is the step described and B its repetition. There are 4 steps to a phrase.

PHRASE PR. PATTERN:

- A 1 All travel to the R, starting with R,L,R (SQQ) (1 meas.)
3 syrto steps to the R (3 meas.) and one to the L, Xing R ft in front of L.
- B Repeat, except on the 4th step (meas.) man turns in to face partner, continue circle M to L, W to R.
- A 2 Rocking step...M places kerchief behind neck holding ends, W holds kerchief in front...Feet are crossed with R ft behind L and step out rhythm R,L,R, (SQQ) on 4th meas. M does a low bounce swing kerchief down. W does smaller bounce. REPEAT.
- B
- A 3 W with hands on hips and M hands out, fingers snapping side steps
1. step R ft to R cross L front
2. step L ft to L cross R front
3. step R ft to R cross L front
4. step L ft to L (turn) CCW and ready into next phrase
- A 4 a) with R ft in 4 meas. 2 fwd and 2 bwd (syrto steps) do a dos-a-do around partner. pass R shoulders
b) 2 syrto steps fwd forme and women passing R shoulders
2 syrto steps bwd for both again passing R shoulders. On 4th meas. men sweep kerchief down by girls ankles (flirting).
(Repeat (b) part) end men inside circle, W outside.
- B
- A 5 M M with R han' take partner's L in court position, take 3 fwd syrto steps and 1 bwd.
B (Repeat)
- A 6 The same as (5) except on 4th meas. turn the girl CCW under arm.
B (Repeat) except on 4th meas. do half-turn partners facing in R LOD
M extends his R arm across girl's waist. Girl's hand on hips.
- A 7 Partners are now adjacent M facing LOD W facing RLOD. W take 2 steps bwd M take 2 steps fwd, quickly change and continue in LOD changing every 2 steps, reversing to M bwd and W fwd (do altogether 4 times) doing 1/2 turn each time.

THE ABOVE SEQUENCE CAN BE DONE THROUGH THREE TIMES & AFTER: Take partners both hands and in 4 meas. turn under both arms slowly (like diabrag) DC TWICE Last turn fast. NOTE: Dance can be done free-style --