

BALLOS

(Zeugos Choros)

The ballos, strictly speaking, is a couple dance. The Greeks have a few couple dances; however, the ballos refers to that particular type as is danced in the Greek islands of the Mediterranean; these dances usually have local names as well. When the Italians saw the Greeks dancing these couple dances, they called them "Ballo" which is the name of a popular form of medieval couple dance.

The music for the syrto (e.g. Selybriano) and the ballos are practically indistinguishable, indeed quite often the ballos is preceeded by a syrto.

We have, therefore, three basic types of ballos:

- (1) Couples, when facing line of direction—men in inner circle, girls in outer circle—use regular handhold or hold left hands, other hand on hip, promenade position. Dance with opposite footwork, i.e., man starts on left and girl starts on right.
- (2) Couples are first in an open circle chain with regular W handhold and dance a syrto before breaking up into separate couples. Here footwork will be the same.
- (3) Couples are in an open circle chain, with regular W handhold. Only one couple at a time breaks from the circle and dances in the center, while the others continue the syrto around them.

The music for this type of syrto and the ballos has a particular lilt to it which makes it easily distinguishable. Those of the coasts of Thrace and Karamania have an interesting feature; the singing of a lament (mánes or amánes), sousta politikē or ballos smyrneikos. (The syrto tsifte telli is similar to Ballos #3 but the music is a little different—see Tsifte Telli.) The movement of the dancers represents the graceful gliding up and down of the *caiques* through the water.

The love motif is a mimic expression of mating birds (doves, pigeons, etc.). The outstretched arms (i.e., wings) herding the girls from one place to another and showing off (strutting) before them.

Characteristics: Gay and lilting.

Formation: Open circle moving counter-clockwise, usually regular W handhold, or same handhold shoulder high, promenade position.

Time: 2/4.

Steps: Slow, quick, quick. (size: long, short, short.)

A

I-(a) Running Step

For the man (opposite footwork for the woman)

1 & Forward l.
2 Forward r.
& Forward l.

1 & Forward r.
2 Forward l.
& Forward r.

(b) Running Balance Step

1 & Forward l.
2 Forward r.
& Forward l.

1 & Backward r.
2 Backward l.
& Backward r. next to l.

(When introduced from a syrto, both men and women when dancing as couples, use steps as mentioned above for the woman.)

II—Same as I except figure is performed backwards.

III—(a) Running Step (obliquely)

1 & Forward r.
2 Forward l.
& Forward r. up to l.

1 & Forward l.
2 Forward r.
& Forward l. up to r.

(b) Front Cross Balance

1 & Forward r.
2 Forward l.
& Forward r. up to l.

Turn $\frac{1}{4}$ to the left

1 & Forward l.
2 Forward r.
& Forward l. up to r.

(The above is the syrtó introduction.)

- IV (1) Running Steps (a)—when dancing with partner, used to move in any direction.
- (2) Step (1) above performed in place with stamps facing partner.
- (3) Step (2) above—jump into squat on both feet (slow); straighten up (quick, quick).

B

I Forward Cross Balance—when facing partner.

(a)—1 & Side. l.
2 Cross r. over l.
& Step back onto l.

(b)—1 & Side r.
2 Cross l. over r.
& Step back onto r.

- II Can be performed to the r. first, depending upon with which foot dance begins.
- III Can be performed with leaps—steps 1 &—2 describing a wide arc in front of dancer, shoulder high.

C

Traveling Cross Rocks: The foot which begins the dance is in front of the other foot. The steps are very small on the balls of both feet. The leg of the foot that is without weight, has its knee slightly more flexed than the other.

I—To the Right. (When traveling to the l., the opposite foot-work is used.)

(a)—1 & Cross l. over r.
 2 Side r.
 & Cross l. over r.

(b)—1 & Side r.
 & Cross l. over r.
 & Side r.

II—To the Right

(a)—1 & Side r.
 2 Cross l. behind r.
 & Side r.

(b)—1 & Cross l. behind r.
 2 Side r.
 & Cross l. behind r.

Figures

I *Promenade Step:*

Running Step: Couples side by side, Step AI.
 In syrto chain, Step AIII.

HANDS NOT HELD:

II *Turning and Crowding Step:*

Running Step AI. Man's arms out at sides, and the girl turns to right, keeping in front of his outstretched right arm.

III *Crowding Step:*

Moving in line of direction, the man moves backwards, step AII, with his left arm held across girl's midriff (not touching). The girls do Step AI. At the end of step, reverse line of direction doing same steps. The man's other hand is held out to side, fingers snap in rhythm. Girl's hands on hips.

IV *Face to Face:*

On last three steps of above figure, men back into inner circle and face partners. Girls face center. Perform various figures, a few of which are given below.

V *Forward Balance Step:*

While girls do forward cross balance BI, boys will also do variation BIII or AIV(3). Boys keep hands on small of back for BIII and the arms are outstretched at shoulder level, fingers snapping when doing AIV(3). Girls can also do turns in place using running step variation AIV(2) with hands on hips.

VI *In and Out:*

Step AIV(1) is performed twice, passing right or left shoulders. Boys move from inner circle to outer circle and girls move from outer circle to inner circle. Step is then repeated backwards to return to original positions.

VII *Shoulder Flirtation:*

Running step balance AI(b). Boys in inner circle go out and in, passing girls first on right then on left. Girls in outer circle go in and out. Boys' hands on small of back, girls' hands on hips.

VIII Counter Circling Step:

Step AIV(1) (dosey do). Two simple forward running steps and two simple backward running steps. Boys keep backs to center of circle and girls keep backs toward outside of circle. Boys keep hands on small of back, and girls keep hands on hips as they circle around each other.

IX Circling Step:

Do step CI or CII four times. Partners circle each other face to face after arriving at original position, perform AIV(1) to finish dance. Couples follow one another off the floor in either counter-clockwise or clockwise direction.

PETRIDES

DODEKONESIOTIKO

Characteristics: Gay; with small, quick, gliding springs.

Formation: Open circle, moving counter-clockwise with regular W handhold.

Time: 2/4

Steps:

- 1 { (% of a count) Cross r. in front of l.
(% of a count) Step l. forward to l. oblique,
weight on ball of l. f.
- 2 Bring r. up to, but behind, l. heel.
- 1 { (% of a count) Cross l. behind r.
(% of a count) Side r., weight on ball of r. f.
- 2 Bring l. up to, but behind, r. heel.

PETRIDES