

# BELA OLYMBIA

(Northern Greece)

Macedonia

Goumenisa

Bela Olymbia is typical of a large category of Macedonian dances, which follow the Axios River, from Skopje (where it is known as the *Vardar*) to Thessaloniki in the South where it empties into the Aegean Sea. This variation comes from the small town of Goumenisa in North Central Greece. It was learned by Dennis Boxell on an official research trip to Northern Greece, including the Goumenisa area, in 1995. The research was supervised by Professor Yiannis Prantsides. It is performed by women only.

Pronunciation: BELL-ah Oh-LYM-bee-oh

Music: Balkan Dances 2000 CD

Formation: Open circle, women only. Hands held in "W" position.

Meter: 2/4

---

Meas. Ct.

- |   |     |  |
|---|-----|--|
| 1 | 1-2 | Facing slightly and moving R LOD, two walking steps forward (R, L).                                    |
| 2 | 1-2 | A "two-step" forward, (R-L-R).   |
| 3 | 1-2 | Another "two-step" forward, (L-R-L).   |
| 4 | 1-2 | Repeat measure one.  |
| 5 | 1   | Continuing to face R LOD, step fwd on Rft.   |
|   | 2   | A slight hop in place on Rft.  |
| 6 | 1   | Step on Lft in place ( <u>very</u> slightly back).   |
|   | 2   | Hop in place on Lft.   |
| 7 | 1   | Step on Rft in place ( <u>very</u> slightly back and to the side R).                                   |
|   | 2   | Hop in place on Rft.   |
| 8 | 1-2 | Continuing to face R LOD, two steps backward (L, R).   |
| 9 | 1   | Step backward on Lft.  |
|   | 2   | Touch ball of Rft in place (next to L bunion but a few inches forward of) or slightly in front of Lft. |

PRESENTED BY DENNIS BOXELL