

## Beratis

Pogoni villages, Epirus, Greece

A mens dance named for the town of Beratis, now in Albania. This version, one of several, is similar to that taught by J. Pappas which follows. Taught by Paul Ginis at Modesto FDF in 1996, this may be a staged version although Paul said he saw it done in the 1980s in a northern Epirus village which no longer exists.

Music KOLO 2005 or any Epirot Beratis

Rhythm 8/4 counted as 1, 2, 3, 4, 5, 6, 7, 8.

Formation Open circle, facing center in W pos

Style Fluid and smooth with strong posture and dramatic movement. It has many pauses.

Meas Pattern

Figure 1: Introduction. This takes the place of meas 1 and is done once, followed by meas 2.

- 1 Standing on L with R foot behind L knee, swing R knee L (cts 1, 2); swing to R (ct 3); swing L (cts 4, 5); step R to R (ct 6); step L across in front of R (ct 7); step R to R (ct 8).

Dance:

- 1 Step back on R (ct 1); lift L fwd with bent knee (ct 2); step fwd on L (ct 3); extend arms high and slightly fwd and raising R foot behind L knee (cts 4, 5); returning hands to W pos, step R to R (ct 6); step L across in front of R (ct 7); step R to R (ct 8).
- 2 Step on L in front of R while turning to face center (ct 1); with most of the movement on ct 3, swing R in front of and across L with bent knee (cts 2, 3); swing R foot behind L knee (cts 4, 5); step back on R (ct 6); small bounce on R (ct 7); step fwd on L (ct 8).

Pappas versionn:

- 1 Step back on R (ct 1); swing L back, then fwd with bent knee (ct 2); step LOD on L (ct 3); touch R next to or raise R foot behind L knee (cts 4, 5); step R to R (ct 6); step L across in front of R (ct 7); step R to R (ct 8).
- 2 Step on L in front of R while turning to face center (ct 1); with most of the movement on ct 3, swing R in front of and across L with bent knee (cts 2, 3); swing R foot behind L knee (cts 4, 5); step back on R (cts 6, 7); step or fall diagonally back L on L (ct 8).