

CERIGÓTIKOS

Presented by Ted Sofios

(Tsirigótikos)

Cerigo is the Venetian name for Kythera, the ancient birthplace of Aphrodite, who sprang forth from the sea foam of the waves washing the shores of the island. Its' only other claim to fame is a painting that hangs in the Louvre by Watteau called 'Embarquement Pour Kythere' and expressing the quintessence of romantic love. Alas, poor Kythera is all rock and little water with food imported from the mainland to sustain life on the island. Shortly after the turn of the century the population numbered 12,000 people. In a few years 10,000 left to go to Australia or to America, leaving mostly an elderly population on the island. Fortunately one of my distant relatives was still able to show me the steps to the sousta dance of Cerigo.

Record: Voyage to Greece, directed by Simon Karras, LYRA 3201, side 1, band D.

Rhythm: 2/4 (slow-quick-quick)



Starting Position: W hold, right foot free.

Walking Step-(with a courtly air)Measure

- | | | |
|---|---|--|
| 1 | ♩ | Walk to the Rt. with the Rt. ft. (slow) |
| | ♩ | Walk to the Rt. with the L ft. (slow) |
| 2 | ♩ | A small leap onto the Rt. ft. turning to face center and swinging the L ft. across in front of the Rt. The upper torso leaning back to make a straight line with the L leg. Repeat above on the L ft. (slow) |

Leap Step

- | | | |
|---|---|--|
| 1 | ♩ | As 1 & 2 above. |
| 2 | ♩ | Leap onto Rt. ft. turning to face center and bringing L ft. behind the Rt. knee, bending slightly and slapping the L ft. with the Rt. hand occasionally for emphasis (slow). |
| | ♩ | A quick step-close to the left, left-right (quick-quick) |
| 3 | ♩ | Step L with the L ft. swing Rt. across in front of L (slow-slow). |


(The leap step is similar to a dance step in a school routine called Chiotikos from the island of Chios and done to the music of 'Ena Karave Ap Tyn Chio' - A Boat From Chios.)


Sousta

- | | | |
|---|---|---|
| 1 | ♩ | A slight leap onto Rt. ft. swinging L leg across in front of the Rt. (slow) |
| | ♩ | Hop on Rt. ft, swinging left ft. around in back (quick) |
| | ♩ | Step on L ft. in back of Rt. (quick) |
| 2 | ♩ | Step on the Rt. ft. twisting the lower torso so that the fofoula (bag) of the island vraka (pantaloon like you see on pirates) will sway out to the Rt. (slow). |
| | ♩ | Step on the L ft. next to the Rt. twisting so that the fofoula sways to the L. (quick). |
| | ♩ | Step back onto the Rt. ft. twisting again (quick). |

CERIGÓTIKOS (cont'd)


Measure OR Scissors variation for measure 2


2  3 scissors steps in place of the twisting steps (slow-quick-quick).

3  Step to center on L ft. swinging Rt. ft. across in front of L. (slow-slow).

Cross-over variation for measure 2

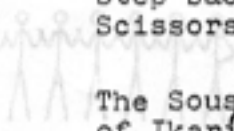
1 Same

2  Step on Rt. ft. (slow)

 Cross L ft. over in front of Rt. twisting and bending low over the L ft. so that Rt. leg can come up behind the L, and the body is along the line (quick-quick).

3  Step back onto Rt. ft. (slow)

 Scissors L (slow)



The Sousta basic step is similar to the Ikariótikos of Ikaria, taught by Athan Karras. The music is on Soul Dances of the Greeks, PILPS 33, Side 2, band 2.

The walking step and leap step are done interchangeably to the slower tempo of the first music and is up to the whim of the leader. The Sousta steps and variations can only be done to the faster Sousta music.

Leap Step

Sousta