

## DHIPÁT - OMÁL

The term "Omál" meaning smooth or even is the name given to a number of dances which do not exhibit the frenetic or trembling characteristics usually associated with most Pontian dances. They include the Omál in a quick meter of 9/8 (2223) (ie. Dhiplon, Kerasundeikon, Kotsihton, etc..); the Omál in a simple duple meter ( Karsilidhikon ); and, as here, the Omál in the slow 9/8 meter (Trapezunteikon, Monon) . This last Omál, along with the dance Tik , is one of the most popular of all Pontian dances. The Omál is usually performed in a rhythmic pattern of 2-2-2-3 , however when the tune is played in a pattern of 2-3-2-2 the dance is called Dhipát. The characteristic of the Dhipát is that the dance pattern must start on the beat following the rhythmic pulse of 3 i.e. in the middle of the musical phrase.

Formation:	semi-circle, open W hold
Meter:	9/8 (2223) or (2322)
Dancer's Cts:	(1-2-3-4) (3-4-1-2)

### Meas.

### BASIC - TRAPEZOUNTEIKON

- 1 Facing just slightly R of ctr, Step R diag fwd (ct 1); Lift L up and slightly behind R (ct 2); Step L diag fwd (ct 3); Touch close R next to L (ct 4).
- 2 Facing ctr, Step R bk (ct 1); Lift L up and slight fwd (ct 2); Step L bk (ct 3); Step R ft slightly bk (or in place) , lifting low and gently swing L fwd (ct 4).
- 3 Step L slightly bk (or in place) (ct 1); Lift low and gently swing R fwd (ct 2); Step and rock onto R slightly fwd (ct 3); Rock back onto L in place (ct 4).  
NOTE: ct 2 in Meas. 2,3 above can be the swing fwd, ct 3 step down in place fwd.

### Meas.

### VARIATION 1

- 1 - 2 Same as Meas 1 - 2 above.
- 3 Step L next to R (ct 1); Lift low and gently swing R fwd (ct 2); Step R in place lifting low and gently swing L fwd (ct 3); Step L in place, lifting low and gently swinging R fwd.

### II VERSION

This version is claimed by some to be an older form of the dance in which each meas. starts with the R ft.

- 1 Same as Meas. 1 basic above.
- 2 Step R bk (ct 1); Lift L up and slightly fwd (ct 2); Step L bk (ct 3); Touch close R next to L (ct 4).
- 3 Step R slightly R or in place (ct 1); Lift and swing L gently fwd (ct 2); Step L bk in place (ct 3); Touch close R next to L (ct 4).

Presented by Joseph Kaloyanides Graciosi