

1961 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Anatol Joukowsky

DODECANESIAN BALLOS

(Couple dance from the Greek Islands)

PRONUNCIATION: Bah-lohs

SOURCE: A Greek dancer now living in Montreal: Nassau Stereoplis.
Presented in California first by Michel Cartier at Folk Dance
Camp, Stockton, 1961.

RECORDS: Pot-Pourri of Ballos; Olympic 24-13, band 1
Matia San Ke Ta Dika Sou, Festival F 3508

FORMATION: It can start with a syrtos formation with some cpls breaking away
and dancing a few figures in the ctr and going back to the syrtos
formation, or, with all cpls scattered on the floor. The dancers
stand in cpls facing CCW. W on R of M. Inside Hs joined at
shoulder level and sometimes holding handkerchief.

HISTORY: It is a type of dance known all over the islands of Greece. Each
group of Islands (as the Dodecanesian version here) has its own
version and the man in the cpl itself chooses the figures in
the version of his island. It was, centuries ago, probably an
erotic dance and still today some of the gestures recall the
mating of birds. It was called "Ballo" by the Italians because
it recalls to them a popular form of medieval couple dance.

STYLE: It is a flirting dance. The man is proud and tries to catch his
ptr. The lady is shy, runs away and casts down her eyes at the
beginning of the dance. It is gay and lilting; the men snap
their finger or slap on their boots. The women have a little
swaying of the shoulder. Both use handkerchiefs. Walking steps
are done on the ball of the feet (no sliding) and knees are
flexible.

RHYTHM: 2/4 easily broken into a Slow-quick-quick pattern. Count 1, & for
SLOW, 2 for QUICK, & for QUICK.

BASIC STEPS: Ct. 1, & Step on L fwd
2 Step on R fwd
& Step on L fwd
Ct. 1, & Step on R fwd
2 Step on L fwd
& Step on R fwd

This is the men's step. W use opp ftwk. This is what is termed
"Syrtos step", it could be described as a broad step followed by 2
quick steps. It can be done fwd, bwd, side-cross etc.....

Continued...

Dodecanesian Ballos (cont'd)

Music 2/4	Pattern
Meas.	
	I. Dancers get to know each other.
1-4	* 4 syrto steps fwd (CCW).
5-8	4 syrto steps coming back (CW).
1-8 rptd.	Repeat action of above 8 meas.
	* <i>Note - Olympic Record adds 2 meas of music at the beginning of the first repetition of the dance so at this time only, Fig I will be 6 syrto steps fwd & 4 coming back & 4 fwd & 4 coming back</i>
	II. Man try to approach the lady.
1	This is the man's step, he is slightly back to ctr, action moving Ct 1, & Stamp on L ft, bending on L knee
	2 Step fwd (CCW) on R ft (can be a stamp of R heel)
	& Step fwd (CCW) on L ft.
	Ct 1, & Cross and step on R ft behind L one.
	2 Step on L ft CCW.
	& Step on R ft CCW.
3-4	Repeat 1-2 going CCW.
5-8	Repeat 1-4.
	This is the lady's step:
1-2	With 2 syrto steps she turns CW while progressing CCW. While she turns she bends to the outside to avoid the M who is trying to catch her attention.
3-4	Repeat 1-2 always progressing CCW.
5-8	Repeat 1-4.
	III. Man try to take the lady's waist.
	Dancers are facing each other, man back to ctr. This is the Man's step. When he moves fwd he tries to pass one arm around his ptr's waist.
1	Ct. 1, & Move CCW twd the lady on L. L arm close to ptrs waist.
	2 Close R ft to L one. Step on Rt Toe in back of lft.
	3 Step back on L ft. Step on L in place
2	Ct. 1, & Move CW twd the Lady on R. R arm close to ptr's waist.
	2 Close L ft to R one Step on L toe in back of Rt.
	3 Step back on R ft. Step on R in place
3-4	Repeat 1-2.
5-8	Repeat 1-4.
	Woman's step:
1	Ct. 1, & Step CCW on R ft.
	2 Close L ft to R one.
	& Step on R ft on place.
2	Ct. 1, & Step CW on L ft
	2 Close R ft to L one.
	& Step on L ft on place.
3-4	Repeat 1-2.
5-8	Repeat 1-4.

Continued...

Dodecanesian Ballos (cont'd)

Meas.

1-8

II.

Repeat Fig. II as described above.

1-4

IV. Man force her ptr to promenade with him

4 syrtos steps fwd (CCW) in banjo pos.

5-8

4 syrtos steps fwd (CCW) in reverse banjo pos.

II.

1-8

Repeat the second Fig as described above.

V. Man is angry and show off

This is the man's step. He is back to ctr and face to ptr.

1

Ct. 1, & Squat on both ft.

2 Hop and turn CW on R ft.

& Step on L ft on place.

2

Ct. 1, & Stamp slightly on R ft.

2 Stamp slightly on L ft.

& Stamp slightly on R ft.

3

Ct. 1, & Cross and step on L ft in front of R, lift this R one.

2 Step on R ft behind L one, lift this L one.

& Step on L still in front of R which is lifted.

4

Ct. 1, & Kick R toe on floor, behind L ft.

2 With an arc and knee high, L ft. goes CCW

& Cross R ft. behind L with a hop and bending R knee

5-8

Repeat 1-4.

Woman's step

1-4

She uses 4 syrtos steps to turn on spot, CW not looking at all at this showing off of her ptr.

5-8

Repeat 1-4.

VI. Man try to lift skirt of his ptr.

This is the man's step. Both ptr will exchange places and come back.

1

Ct. 1, & Step fwd on L bending L knee, R hand with handkerchief sweep the floor.

2 Step fwd on R ft.

& Step fwd on L ft and turn back to face ctr.

2

Ct. 1, & Step bwd on R ft.

2 Step backward on L ft.

& Step in place on R ft.

3-4

Repeat 1-2 to end in original place

5-8

Repeat 1-4 once more.

Woman's step

1-8

They are the same, but opp ftwk, but she does not bend knee and tries to avoid the handkerchief of her ptr by lifting her skirt.

Banjo position: Ptrs give both hands, and they place themselves in such a manner that M is facing the direction (CCW) and the lady has back to it. R hips adjacent. Action goes CCW, this means that the lady goes bwd.

Repeat dance from beginning; then finish with Fig. I.