

FISSOUNI
(Greek)

ORIGIN: Women's dance from Epirus.
RHYTHM: 9/8: 1-2/1-2/1-2/1-2-3.
RECORD: PANHELLENION, Folkraft Greek Folk Dances
various Epirus 45's
SOURCE: presented by Athan Karras
FORMATION: Women only: open circle with hands joined at shoulder high.
Sway body from side to side during step-swing; double bounce on
hop-swing.

FIGURE I: Run with Step-Swing (once).

- a) Facing LOD, 3 fast, bouncy walking steps fwd: R,L,R, (Q,Q,Q)
lift on R ft (s), while swinging L leg across in front of R leg.
b) Facing LOD, 3 fast, bouncy walking steps bwd: L,R,L, (Q,Q,Q,)
lift on L ft (s), while swinging R leg across in front of L leg,
while turning to face RLOD.

FIGURE II. Step-swing (twice). Swaying of body from side to side.

- a) Facing ctr, Step R ft to R (q), swing L leg across R leg (q),
" " Step L ft to L (q), swing R leg across L leg (s),
" " Step R ft to R (q), swing L leg across R leg (q),
" " Step L ft to L (q), swing R leg across L leg (s).
b) Repeat (a).

VARIATION TO FIGURE II:

Step R ft to R (q), point L toe to L (q),
Point L toe in front of R ft (q), point L toe to L (s)
Step L ft to L, point R toe to R.
Point R toe in front of L ft, point R toe to R.

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