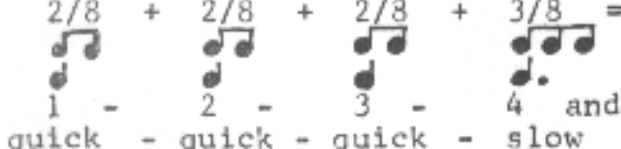


FYSOUNI
(Greece)

Source: Fysouni is a dance from Epiros (northwestern Greece), and it is mainly done in Preveza. The word "fysoúni" means a "bellows." It can be seen at many Epirote functions.

Pronunciation: fee-SOO nee

Bibliography: Elliniki Hori, V. Papahristos, (Athens, 1960).
Greek Folk Dances, M. Vouras and R. Holden, (New Jersey, 1965).

Music: 9/8 time 2/8 + 2/8 + 2/8 + 3/8 = 9/8

 1 - 2 - 3 - 4 and
 quick - quick - quick - slow

Folkraft LP 8 or any Fysouni
 AIR L06 (medley)

Formation: Men and women are in a broken circle with hands held at shoulder height, elbows bent and down.

Characteristics: This dance is a very lively one -- one can't sit back and relax while doing it. Therefore the dancers should put lots of energy into it. The steps should not be very large.

<u>Meas.</u>	<u>cts</u>	<u>Pattern</u>
I	1 ♩	Wt is on the L ft, and all of the dancers are facing obliquely R. Step to the R on the R ft.
	2 ♩	Step across in front of the R on L ft.
	3 ♩	Step to the R on the R ft.
	4 ♩	Swing the L ft across in front of R by hopping twice on R ft.
II	1	Still facing R, step bkwd (RLOD) on the L ft.
	2	Step bkwd on the R ft.
	3	Turning to face ctr, step to the L on the L ft.
	4	Swing R ft in front of L leg, hopping twice on L ft.
III	1	Step sdwd on R ft.
	2	Swing L ft in front of R leg, hopping on R ft.
	3	Step sdwd on L ft.
	4	Swinging R ft in front of L leg, hop twice on L ft.
IV		Repeat action of steps in meas III.
		<u>Variation:</u> This can be done by individual dancers whenever they like.

FYSOUNI (continued)

Scissors Kicks

- III 1 Step on R in place kicking L fwd.
 2 Step on L in place kicking R fwd.
 3 Step on R in place kicking L fwd.
 4 Step on L in place kicking R fwd.
 Hop on L ft.
 IV Repeat action of steps of meas. III.

Presented by John Pappas

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