

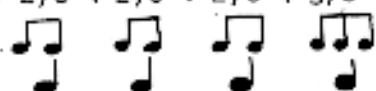
# FYSOÚNI

(EPIROS, GREECE)

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

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

Music: 9/8 time, or  $2/8 + 2/8 + 2/8 + 3/8 = 9/8$



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

Records: Songs and Dances of Epiros, T'Aidonia LP 1 or others  
Folkraft LP

Formation: M and W in a line with hands joined 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.

Meas	Cts	Pattern
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 steps of meas III.

VARIATION: This can be done by individual dancers whenever they like.  
(scissor kicks)

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

Presented by John Pappas.  
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*Texas Country 75*