

KARAGOUNA I (Greece)

Karagouna (Kah-rah-GOO-nah) is a Greek circle dance. One of the most popular forms of Greek dance is the open circle. The hands are joined at shoulder height with the elbows bent almost at right angles so that the dancers' arms form a "W."

MUSIC: *Record:* Colonial LP 127; Festival 3510.

FORMATION: Open circle, all facing ctr. Throughout the dance, hands remain joined and are held out to the sides and slightly below shoulder height. The leader at the R end of the line should be a M. Variations are danced only after they have been performed by the leader. Variation I and II are danced by both M and W; Variation III is danced only by M.

STEPS AND STYLING: Walk (knees are flexible), hop (more like a "lift" instead of a definite hop).

Side step: Step swd to R with R, turning entire R side of body slightly toward ctr (ct 1). Pivoting on R to face ctr, close L to R (ct 2). With each ft movement there is a slight flexion and extension of the knee.

Full knee bend (Var. III): Jump on both ft and squat with back straight—sit over toes, knees turned out (ct 1); spring to upright pos, simultaneously hopping twice on L ft, swinging R across in front of L (cts 2 &).

MUSIC 2/4

PATTERN

MEASURES

1-8 *Introduction:* Standing with wt on L, R ft across L with ball of R ft resting near little toe of L.

I. Walking

Throughout this pattern the knees flex and straighten easily with each action.

- 1 Beginning R, moving LOD, walk R, L (cts 1, 2).
 - 2 Step R, turning to face ctr (ct 1). Point L fwd and pause (ct 2).
 - 3 Step L beside R (ct 1). Point R toe bwd (ct 2).
 - 4 Point R toe fwd (ct 1). Point R toe bwd (ct 2).
 - 12 Repeat action of meas 1-4 (Fig I) 3 times.
- meas

II. Side step

- 1-4 Dance 4 side steps; move swd LOD.
- 5 Point R diag fwd to R (ct 1). Hopping twice on L, simultaneously swing R across in front of L (cts 2 &).
- 6 Step R across L (ct 1). Point L diag fwd L (ct 2).
- 7 Point L again diag fwd L (ct 1). Hopping twice on R, swing L across in front of R (cts 2 &).
- 8 Step L across R (ct 1). Point R diag fwd to R (ct 2).
- 1-8 Repeat action of meas 1-8 (Fig II).

Note: The following variations may be used after being introduced by the leader of the circle.

Variation I (to be used with Fig I), for men and women:

- 1 Repeat action of Fig I, meas 1.

2 Step R, turning to face ctr (ct 1). Point L fwd, hop R, kicking L a bit fwd (cts 2 &).

3-4 Repeat action of Fig I, meas 3-4.

Variation II (to be used with Fig I), for men and women:

1 Repeat action of Fig I, meas 1.

2 Step R turning to face ctr (ct 1). Step on L toe behind R heel (ct &). Step on R toe behind L heel (ct 2).

Note: Meas 2 is similar to a slow reel step. When bringing one ft behind the other, the ft "hug" each other.

3-4 Repeat action of Fig I, meas 3-4.

Variation III (to be used with Fig II), danced by men only:

1-4 Repeat action of Fig II, meas 1-4.

5 Dance a full knee bend.

6 Step on R (ct 1). Point L diag fwd L (ct 2).

7 Repeat action of meas 5 (*Variation III*), hopping twice on R.

8 Step on L (ct 1). Point R diag fwd R (ct 2).

KARAGOUNA II (Greece)

Karagouna has many variations and combinations of patterns. This particular pattern was presented by Oliver "Sonny" Newman at Folk Dance Camp, University of the Pacific, 1962.

MUSIC: *Record:* OL 24-13, Side 1, Band 5, "Picnic in Greece."

FORMATION: Single line with leader at R. Hands joined at shoulder level.

STEPS: Walking, crossing-over, brush.

MUSIC 4/4

PATTERN

MEASURES

I. Basic step

1 Step R to R, swinging body slightly L (ct 1). Cross L over R bending knees slightly and swinging body slightly R (ct 2). Step R to R, swing to L, (ct 3). Touch L in front of R, keeping wt on R and swinging body R (ct 4).

2 Step L to L, swinging body to L (ct 1). Touch R to R keeping wt on L, swinging to R (ct 2). Touch R in front of L, swing L (ct 3). Touch R to R, swing to R (ct 4). After touch on ct 4, lift R behind L calf as an accent preceding next ct.

3-4 Repeat action of meas 1-2.

II. Variation I: cross-overs

Knees flex on every ct; hands held at shoulder level.

1 Step R to R (ct 1), step L across R (ct 2), step R to R (ct 3). Close L to R, taking wt on L (ct 4).

2 Point R twd ctr of circle (ct 1). Step onto R beside L (ct 2). Point L to L side (ct 3). Step L beside R (ct 4).

3-4 Repeat action of meas 1-2 (Fig II).

III. Variation II: walking

Hands joined and down at sides. Flex knees on each ct.

1 Facing slightly R, step R to R (ct 1). Step L beside R (ct 2). Step R to R, facing ctr on step (ct 3). Close L to R, taking wt on L (ct 4).

2 Repeat action of Fig II, meas 2 (Var I).

IV. Variation III: turning

- 1-2 Hands at shoulder level. This variation is the same as Var II except that a turn to R (CW) is executed during the walking steps; the points are the same as in meas 2.

V. Variation IV: step behind and run

Hands joined and held down. Face ctr during entire step.

- 1 Step swd R (ct 1). Step L behind R (ct 2). Running on toes and taking small steps, step R to R (ct 3), L behind R (ct &), R swd to R (ct 4), L behind R (ct &).
2 Repeat action of Fig II, meas 2 (Var I).

VI. Variation V: brushes

- 1 Hands at shoulder level. Face ctr. Step swd heavily on R (ct 1). Brush L on floor lifting leg rather high in front of R in preparation for next step (ct 2). Step L across R, L slightly fwd (ct 3). Brush R, lifting leg (ct 4).
2 Step R across L (ct 1). Brush L, lifting leg (ct 2). Step L across R (ct 3). Brush R across L (ct 4).
Note: On *brush* the body turns slightly twd line of stepping ft. There is a slight downward accent on step.
3 Repeat action of meas 1 (Fig VI).
4 Repeat cts 1, 2 of meas 2 (Fig VI). Step L across R (ct 3). Close R beside L (ct 4).

VII. Variation VI: side steps

Hands at shoulder level. Face ctr.

- 1 Step R to R (ct 1). Close L to R (ct 2). Repeat action of cts 1, 2 (cts 3, 4).
2 Repeat action of meas 1 (Fig VII).
3 *M:* Drop onto both ft in a full squat (ct 1). Hop on L, swing body slightly to L (ct 2). Hop again on L, continuing swing to L (ct &). Rise to standing pos, step R across L (ct 3). Close L to R, both ft pointing twd ctr (ct 4). *W:* Remain in upright pos; jump onto both ft (ct 1). Hop on L, turning slightly to L (ct 2). Hop again on L (ct &). Step R across L (ct 3). Close L to R, ft twd ctr (ct 4).
4 Repeat action of meas 3 (Fig VII) hopping on R.

KARAGOUNA III (Greece)

MUSIC: Folkraft LP 3, "Greek Folk Dances"

FORMATION: Single line; leader at R. Hands joined and down.

PATTERN

This recording combines Karagouna music with music for Kalamatianos (see page 116) and gives a delightful variation from "slow" to "quick." A pattern description is included with the record, or any combination of steps may be used for the Karagouna music.