

KARAGOUNA

- Athan Karras  
LL '73

Danced in the rich valleys of Thessaly, next to Mt. Olympus, and in the nearby regions of Epirus and Macedonia. Danced by a group of nomads and farmers called "Karagounides", in Thessaly. Both men and women wear gay pom-pom shoes and part of the dance shows off the pom-pom. Danced at weddings separately by men and women and almost in kind of contest until the bride and groom lead the line. There are always songs that go with these dances where all join in some catchy lyrics about the groom that gave his all for the bride or for the bartering of a dowry.

RECORD: PICNIC IN GREECE Olympic 24113

FORMATION: In open circle holding hand in V-shape up high and maintaining a nice knee bend as you take each step, and there are times when the heel is pointed and other times when the toe.

MUSIC 2/4	PATTERN
MEASURE	A.
1	step to R with R ft, ct 1 step to R with L ft across R ft ct 2 step to R with R ft, ct 3 bring L ft to R ft together, ct 4
2	place R heel fwd to ctr, ct 5 close R ft together, ct 6 place L heel fwd to ctr, ct 7 close L ft together, ct 8 REPEAT THE ABOVE FOUR TIMES Meas. 3-8
9	B. step to R with R ft step across R ft with L ft step to R with R ft point L heel twd the L
10	bring L ft to R ft, together point R toe directly behind point R heel directly in front point R toe directly behind REPEAT THE ABOVE FOUR TIMES, Meas. 11-16
17	C. step to R with R ft step across with L ft to R bounce twice on L ft, hopping and swinging R leg in the air
18	cross R ft in front of L to LLOD and step, on it bounce twice on R ft, hopping and swinging L leg in air step on L ft while crossing front of R leg REPEAT THE ABOVE FOUR TIMES Meas. 19-24
25	D. starting with R ft to R and L ft together ct 1-2
26	take side steps or 16 counts
27	E. dancers bunch up close together holding hands at elbows

*continued...*

Karagouna (Contd.)

- step to R with R ft  
bring L ft to R ft together  
bring L ft directly to the center  
follow through with R ft to ctr pointing heel
- 28 step bwd with R ft  
follow through with L ft together  
step with L to LLOD  
bring R ft to L ft in LLOD, together  
REPEAT THE ABOVE FOUR TIMES, Meas. 29-34
- 35 F.  
In the next step while men do a deep knee bend  
the women will do three little bounces in place on their toes  
step with R ft to R  
step L ft to R across R ft  
bring feet together men deep knee bend, women bounce (3)  
rise feet together  
REPEAT THE ABOVE FOUR TIMES Meas. 36-38
- 39 G.  
step in RLOD three steps R, LR  
turn facing to L and point L heel to L
- 40 step in LLOD with L ft three steps L, R, L,  
turn facing RLOD and point R heel to R  
REPEAT THE ABOVE FOUR TIMES Meas. 41-46
- 47 H.  
step R ft to R  
step L ft across R ft, but behind  
step R ft to R  
point L heel twds the L
- 48 bring L ft behind R ft and step on it  
lift R ft in the air, and hop twice on L ft  
deep knee bend bringing both feet together  
(women here hop up, up)  
MEN CAN EXECUTE SLAPS OF R ft or heel  
Rise pointing R heel to RLOD and hold  
REPEAT THE ABOVE FOUR TIMES Meas. 49-54

The above arrangement once learned can be rearranged for dancing enjoyment,  
leader can choose sequence as he chooses.