

KARAGOUNA (Thessaly-Greece)

- SOURCE:** Karagouna is from Thessaly, in northern Greece. The name comes from Karagounides, the name for a nomadic, shephardic people in northern Greece. It is danced by men and women in all parts of Thessaly. It is a slow, stately dance of the plains of Thessaly.
- MUSIC:** Record - Picnic in Greece, Olympic OL24-13 and any other Karagouna record. There are many melodies used for Karagouna. Sometimes the tunes are titled Svarniara. 2/4 meter
- FORMATION:** Hands held at shoulder ht, elbows bent and down. The hands should not be pushed fwd into the circle, but should be comfortably back near the shldr. The dancers are in a broken circle with the leader at the R end.
- CHARACTERISTICS:** Karagouna is, as stated above, a slow, stately dance for men and women. The style should reflect this. The steps are slow, and the feet are never lifted far from the ground. The feet should never slide, however. Sometimes the music is played so that the slow steps are alternated with a faster Syrto or Kalamatiano step. These steps are done free style; in other words, at the discretion of the leader the step can be changed and done differently each time. The dance is really a free style, improvisational version of the Sta Tria.

MUSIC: 2/4

PATTERN

Meas. Ct.

1 1 Step to R on R ft.

2 Step across in front of R on L ft.

3 Step to R on R ft

4 Touch L ft fwd on heel

2 1 Step L ft next to R ft

2 Touch R ft behind on toe

3 Touch R ft fwd on heel

4 Touch R ft behind on toe

VARIATION II

1 1 Step to R on R ft

2 Step behind R on L ft, bending R knee.

3 Step to R on R ft, straightening R knee

4 Touch heel of L ft to L, facing L

Continued...

KARAGOUNA (Cont'd)

Meas. Ct.

- 2 1 Step to L on L ft
- 2 Step behind L on R ft, bending L knee
- 3 Step to L on L ft, straightening L knee
- 4 Touch heel of R ft to R, facing R

VARIATION III

- 1 1 Step to R on R ft, turning body slightly L
 - 2 Step L in front of R, turning body slightly R
 - 3-4 Continue this as long as you wish
- This movement should NOT be jerky, but should be fluid and slow.

VARIATION IV

- 1 1 Step to R on R ft
- 2 Step L ft across in front of R ft
- 3 Step to R on R ft
- 4 Step L ft next to R ft
- 2 1 Touch R heel to R, moving toe back and forth
- 2 Step R ft next to L ft
- 3 Touch L heel to L, moving toe back and forth
- 4 Touch L ft next to R ft.
- 3-4 Do above step to L with reverse ftwk, starting with L ft which is free.

VARIATION V (WOMEN)

- 1 1 Step to R on R ft
- 2 Step L ft in front of R, raising up on L toe, turning to face ctr
 bringint R toe next to L
- 38-48 With wt on both toes, bounce heels against floor 3 times and pause.
(o).

VARIATION V (MEN)

- 1 1 Step to R on R ft
- 2 Step to L in front of R

continued...

KARAGOUNA (Cont'd)

Meas. Ct.

1 3 Step on R ft next to L; with wt on both feet do a squat (knees together) turning to face ctr.

4 Straighten legs and stand facing ctr.

This variation is done while the women are doing the above variation for women.

VARIATION VI

1 1 Step to R on R ft

2 Step L ft across in front of R, LOD

3 Step to R on R ft, LOD

4& Hop twice on R ft, LOD

2 1 Step to R on L ft, LOD

2& Hopping twice on L ft, turn to face RLOD

3 Step RLOD on R ft

4& Hopping twice on R ft, turn to face R (LOD)

3 1 Step to R on L ft, LOD

2 Step to R on R ft, LOD

3 Step to R on L ft, LOD

4& Hop twice on L ft, turning to face L (RLOD)

4 1 Step RLOD on R ft

2& Hop twice on R ft, turning to face R (LOD)

3 Step on L ft

4 Pause with wt on L ft, R ft next to L ft with R touching floor.

This can be done any number of times as long as you somehow end up with the R ft free to start a new variation. Different leaders will do it differently.

Presented by John Pappas
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