

1975 SAN DIEGO STATE UNIVERSITY FOLK DANCE CONFERENCE

Presented by David Henry

KONITSES

BACKGROUND: Konitses, like Zagorisios, has five beats per measure and is from the region of Epiros known as Zagori, particularly from the town Konitsa.

SOURCE: Katy Mitsakou, New York 1968

RECORD: REGAL SREG2139 (A5) "Syngathistos". The Konitses is played 2 3/4 times! The second part of Part II meas 5-8) is omitted. The orchestra plays next a Tsamikos and then a Sta Dhio.

FORMATION: Dancers in line, close together, hands joined at shld ht. The women's movements are quite restrained, the men's broad and definite.

PATTERN

- | Meas | <u>PART I</u> |
|------|---|
| 1 | Facing ctr, wt on L, bounce on L hooking R heel up over L ankle (ct 1) bounce on L bringing R to R in small low arc (ct 2) step on R in place (ct 3) touch ball of L ft at R instep (ct 4) Hold (ct 5) |
| 2 | Bounce on R ft swinging L across R in low arc (ct 1) bounce on R continuing to swing L across to the R (ct 2) step on L across in front of R (ct 3) touch ball of R ft beside L (ct 4) Hold (ct 5) |
| 3 | Repeat ftwk of Meas 1 |
| 4 | Step on L to L (ct 1) step on R across in front of L (ct 2) step on L to L (ct 3) step on R across in front of L (ct 4) hold(beginning L fwd in low arc to R).(Ct 5) |
| | <u>PART II</u> |
| 1 | Bounce on L hooking R heel up over L ankle (ct 1) bounce on L extending R fwd (ct 2) step fwd on R (ct 3) touch ball of L ft near R heel (ct 4)hold (ct 5) |
| 2 | Step on L in place (slightly bwd) extending R fwd (ct 1) bounce on L hooking R heel up over L ankle (ct 2) bounce on L extending R fwd (ct 3) step on R ft fwd (ct 4) touch ball of L ft near R heel (ct 5) |
| 3 | Repeat meas 2 |
| 4 | Small step on L bwd (ct 1) small step on R bwd (ct 2) small step on L bwd (ct 3) close R to L lowering both heels to ground (ct 4) |
| 5-8 | Repeat meas 1-4 with opp ftwk(starting hooking L ft) |