

LEN IRTHI MAIS  
(Thrace, Greece)

Source: Len Irti Mais is from Thrace in northern Greece. In particular it is from the town of Soufli. The title comes from the song which is usually used for the dance, "They say May is coming." The dance has other titles: Aradiastite Sto Horo: Thrakikos Horos: Soufliotikos.

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

Music: Folk Dancer 4051-A. 2/4 meter.

Formation: A broken circle with hands joined at shoulder height, (or the hands may be down).

Characteristics: The style is fast, light, and happy -- exuberant.

<u>Meas</u>	<u>cts</u>	<u>Pattern</u>
I	1	Step to R on R (facing LOD).
	2	Hop on R ft (facing LOD).
II	1	Step to R on L ft (facing LOD).
	2	Hop on L ft (facing LOD).
III	1	Facing ctr, step sdwd to R on R ft (raise arms).
	2	Hop on R ft lifting L ft in place to height of R calf.
IV	1	Step slightly back and to L on L ft (lower arms).
	2	Hop on L ft lifting R ft on height of L calf.
<u>Variation</u>		
I	1	Step to R on R ft (facing LOD).
	&	Step on L ft behind and close to R ft (facing LOD).
	2	Step fwd on R ft (facing LOD).
II	1	Step fwd on L ft (facing LOD).
	&	Step on R ft behind and close to L ft (facing LOD).
	2	Step fwd on L ft (facing LOD).
III-IV		Same as meas III-IV above.
<u>Variation</u>		
I-II		Same as meas I-II in either variation above.
III	1	Facing ctr, step sdwd to R on R (raise arms).
	&	Step behind R ft on L.
	2	Step in place on R ft.
IV	1	Step slightly back and to L on L ft (lower arms).
	&	Step behind L ft on R.
	2	Step in place on L ft.
		(meas III-IV are like behind pas de basque.)

Note: Do each variation as you wish, or as many times as the leader chooses.

Presented by John Pappas

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