

Menousis

Source: Greek Folk Dances, M. Vouras & R. Holden
Elliniki Hori, V. Papahristos

Time: 2/4

Position: Hands held at shoulder height, elbows bent and forward.

Record: Greek Folk Dances, Folkraft LP 6

Measure:

- 1 Weight is on L. the R. is across in front of L. toes touching ground. Step to right on the R. (ct.1)
Step across in front of R. with L. (ct.2)
- 2 Step to right on R. (ct.1) swing L. across in front of R. (ct.2)
- 3 Step bkwd in RLOD on L. (still facing LOD) (ct.1)
Step bkwd on R. (ct.2)
- 4 Turning to face center, step to side L. (ct.1)
step R. across in front of L. (ct.2)
- 5 Step to side on L. (cts.1&2)
- 6 Weight remains on L., cross R. in front of L. as in beginning, pause.

Turning variations

One complete turn right on the first 3 cts. of the first step, the rest of the step is the same.

At meas. 4 a turn can be done using 3 cts. (step L. R. L.) ending as usual.