

MENOUSIS

1966 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Vilma Matchette

O'MENOUSIS (O Meh-noo-sis)
(Epirus, Greece)

MUSIC: Folkcraft LP-6, side B, band 6

FORMATION: Broken circle; hands held at shoulder height with elbows bent.

METER 2/4

PATTERN

Measures

- 1 Facing diagonally R, step R fwd (ct. 1), step L fwd (ct. 2).
- 2 Step R fwd (ct. 1), with L knee almost straight swing L ft slowly fwd (ct. 2).
- 3 Still facing slightly R diag step L bkwd (ct. 1), step R bkwd (ct. 2)
- 4 Turning to face center, step L sdvd (ct. 1), stamp R ft in place (ct. 2).
- 5 Stamp L ft in place (ct. 1), feet together, flex both knees (ct. 2).
- 6 Cross and touch R toe in front of L (ct. 1), hold (ct. 2).