

MENOUSIS

(0'1100) 81200Y 11

SOURCE: This is a dance from Epiros in northwestern Greece. The name of the dance come from the song which is about a man named Menousis. Variants of this song can be found all over Greece, even in some of the Aegean islands. I have heard the song and seen the dance even at Greek functions in the United States.

MUSIC: Although the music has been transcribed in various ways, for a dancer's purpose, it is easier to explain the steps as if the music were in 4/4 time. The dance is always done to the song "O Menousis, O Birbilis Ki O Memet Agas".
Record Greek Folk Dances, Folkraft LP-6 (or any other recording of Menousis)

FORMATION: Hands are held at shoulder ht as in the Syrtos. Dancers are in a broken circle with the leader at the R end. The R ft should be crossed over in front of the L ft. The L ft holds wt; the R knee is bent and away from the L knee.

The dance is not as heavy as some of the Epirote dances tend to be. The feet should not be lifted too far from the ground. There are several variations which the leader does, depending on his mood. Dancers follow as best they can. (No calls are made to alert the other dancers of step changes.)

MUSIC: 4/4

PATTERN

Meas	Ct	
1	1	Wt is on L ft, the R ft is across in front of the L ft, toes touching ground. Step to R on R ft
	2	Step across in front of R on L ft.
	3	Step to R on R ft
	4	Swing the L ft across in front of R ft (face LOD).
2	1	Step bk in RLOD on L ft.
	2	Step bk in RLOD on R ft.
	3	Turning face ctr, step sdwd to L on L ft.
	4	Step across in frnt of L on R ft.
3	1	Step sdwd to L on L ft
	2	Bring R ft across in frnt of L ft, lifting L heel.
	3	Lower L heel and touch toes of R ft, so that you are in the starting position of the dnce again.
	4	Pause

Continued...

VARIATION

1 1-4 Same as before

2 1-3 Same as before

4 Step in place on R ft (next to L ft)

3 1 Step in place on L ft (next to R ft)

2-4 Same as before

VARIATION

1 1-4 Same as before

2 1 Step to L on L ft (facint ctr)

2 Swing R ft in front of L ft

3 Step in place on R ft

4 Step in place on L ft (bend R knee slightly so that R ft lifts in back).

3 1 Scuff bottom of R ft in place as you bring it fwd.

2-4 Same as before

Presented by John Pappas
Idyllwild Weekend 1978