

**MENOÚSIS — Epirus****Μενούσης**

(Line dance, no partners)

**Translation:** Menoúsis is a man's name.**Starting Position:** "T" position. Right foot free.**Rhythm:** 2/4**Measure****VARIATION I — Basic**

- 1-2 ♪ Facing slightly and moving right, **THREE WALKING STEPS** (right, left, right) **FORWARD** (counts 1-3),  
 ♪ **SWING LEFT** foot forward (count 4).  
 3 ♪ Still facing slightly right, **TWO WALKING STEPS** (left, right) **BACKWARD** (counts 1-2).  
 4-5 ♪ Turning to face center, **THREE STEPS** (left, right, left) **IN PLACE** turning body slightly in direction of step (counts 1-3),  
 ♪ **SWING RIGHT** foot around to the **FRONT** (count 4).  
 6 ♪ **POINT RIGHT TOE** to left side of left toe (count 1), **PAUSE** (count 2).

**VARIATION II — Step-swing**

- 1-2 As I above.  
 3 ♪ Turning to face center, **STEP-SWING\* LEFT**.  
 4 ♪ **TWO STEPS** (right, left) **IN PLACE**.  
 5 ♪ **BRUSH RIGHT** foot **FORWARD** (count 1), **PAUSE** (count 2).  
 6 ♪ As I above.

**VARIATION III — Point right toe**

- 1-3 As I above.  
 4 ♪ Turning to face center, **STEP** on **LEFT** foot **IN PLACE** (count 1),  
 ♪ **CROSS AND POINT RIGHT TOE** in **FRONT** and to left of left toe (count 2).  
 5 ♪ **POINT RIGHT TOE** diagonally **FORWARD RIGHT** (count 1),  
 ♪ **BRUSH** ball of **RIGHT** foot **ACROSS** in front of left (count 2).  
 6 ♪ **HOP** slightly on **LEFT** foot (count 1), **PAUSE** (count 2).

**VARIATION IV — One turn**

- 1-6 As I above but releasing hands and **TURNING** right **ONCE** around on the first three walking steps (counts 1-3). Rejoin hands.

**VARIATION V — Two turns**

- 1-6 As IV above but releasing hands and **TURNING** a second time, left, about once around on the two walking steps of measure 3. Rejoin hands.

\*See Glossary.

**MÉRMINGAS KEFALLINÍAS or KOUTSO-STAMATISTÓS — Ionian Is.****Μέρμηγκας Κεφαλληνίας ή Κουτσο-σταματιστός**

(Line dance for couples)

**Translation:** Mérmingas from the island of Cephalonia, or Catch-Step-Stop Dance. **Rhythm:** 2/4**Formation:** Open or broken circle, or line, of couples, alternating man, woman, man, woman, etc. from right end.**Starting Position:** Front basket hold: women step forward slightly and join hands then duck back under joined hands of men. See Fig. 1. ("T" position, also, may be used.) Right foot free.**FIGURE 1**