

METSOVÍTIKOS HORÓS
(Métsovon, Épiros, Greece)

This dance is from the village of Métsovon in the eastern Píndos mountains between Épiros and Thessaly. It is danced by both men and women, or sometimes by men only. It is similar to the pan-Hellenic Tsámikos in both feeling and in rhythmic elements, as are the Zagorísios, Kléftes, Berátis, and other dances.

Pronunciation:

Record: No recording currently available. Teaching cassette.

Rhythm: 15/8: $\circ \bullet \circ \bullet \bullet$ or $\circ \bullet \circ \bullet$.

Formation: A line of men with hands joined at shldr level, elbows down. A separate line of women in front of the men's line with the same handhold. The man and woman leaders are at the right end of the lines; the lead man is slightly ahead of the woman (about one space). Often these leaders are a married couple.

Styling: This dance is similar to the Tsámikos; the male leader can do acrobatic squats and turns, while the female leader does graceful turns as improvisations. Sometimes a kerchief or scarf is held in the free (right) hand by the woman.

<u>Meas</u>	<u>Cts</u>	<u>Pattern</u>
1	•	Wt on R ft; L ft free
	•	Step across in front of R on L ft.
	•	Raise R ft in front of L leg, bending R knee (more for M, less for W).
	•	Raise L heel or hop on L ft.
	•	Facing LOD, lift L heel (or hop on L ft).
	•	Step to R on R ft.
	•	Lift R heel (or hop on R ft)
	•	Step across in front of R on L ft.
2	o	Facing ctr, step to R on R ft.
	•	Lift R heel or hop on R ft.
	o	Step sdwd or slightly diag back on L ft.
	•	Step on R ft next to (or behind) L ft.
	•	Pause and beg to move L ft to beginning step (meas 1).
	o	Note: Sometimes meas 2 is done this way:
	•	Same
	•	Same
	o	Same
	•	Pause as R ft moves behind L.
	•	Step on R ft.

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