

MITERITSA
Greek - Pontos

SOURCE: The name of this dance, Miteritsa, comes from the words of the song to which it is done. It is a diminutive form of the word Mother. According to Papahristos, the dance is both a dance and a game. It is for both adults and children. The Greeks of Pontos are from the Black Sea area. They were evicted by the Turks after over 2 thousand years of living in this area.

PRONUNCIATION: Mee-ter-eetsa .

MUSIC: Record - Folk Dancer MH 4052B 4/4

FORMATION: For greatest enjoyment, the Miteritsa should be done in small groups. Dancers should be in an open circle with hands joined and down. Approximately 8 to 10 men should be together at the end of the circle; approximately 8 to 10 women should be joined to this line of men; the last man is holding the R hand of the first woman with his L hand. It is not necessary for each man and woman to have a ptrn. There may be more men than women, or vice versa. This dance is a mixer.

CHARACTERISTICS: This is a dance game. The feeling is lively and happy. The dancers should have lots of fun. There is much clapping of hands.

MUSIC: 4/4

PATTERN

Meas FIRST VARIATION (VOCAL MELODY) (During this variation there should be slight flexes of the knees)

1 Facing LOD, step fwd on R ft (there may be a slight stamp). Step next to R on L ft with bent knee (step-close). Repeat action.

2-4 Repeat action of meas 1 to a total of 16 steps in LOD

5-8 Repeat 16 steps of meas 1-4 in RLOD

NOTE: Throughout this variation there should be slightly more emphasis on the steps of the R ft, while there may be more flex of L knee when stepping on the L.

SECOND VARIATION (INSTRUMENTAL MELODY) (ALL of the dancers drop hands and clap while lead M dancer does following step with ptrn)

1 A small hop on L. Step on R ft. (This is a skip step.) A small hop on R ft. Step on L ft. Repeat action.

2-8 Repeat action of meas 1 to a total of 32 hop-steps (skips).

NOTE: Sometimes this is done as a two-step.

Lead M does the skipping step over to the W and choses a ptrn, hooks R elbows with her and they turn together in CW direction doing the skipping step for several meas. They then hook L elbows and do skipping step turning together in other direction for several meas. The M leaves the W and repeats the action with another W. The first W returns to place. Lead M may do this with several ptrns if he has time. There are 8 meas of instrumental music before the vocal begins again and the leader returns to place and the first variation is repeated, but this time the W who first danced with the leader leaves the line and chooses a M to dance with her. This M will be

Continued...

SOURCE: The name of this dance, Miteritsa, comes from the words of the
the person to begin the second variation when it is later repeated for
the third time. According to Papanastos, the dance is a game. It is for both adults and children. The Greeks
and a game. It is for both adults and children. They were evicted by
thousand years of living in this area. Presented by John Pappas at the
Idyllwild Workshop, 1979

MUSIC: Record - Folk Dancer #1402
FORMATION: For greatest enjoyment, dancers should be in an open circle with hands joined
groups. Dancers should be in an open circle with hands joined
and down. Approximately 8 to 10 men should be together at
the end of the circle; approximately 8 to 10 women should be
joined to this line of men; the last man is holding the hand
of the first woman with his left hand. It is a dance game. The feeling is lively and happy.

Presented by Dave & Fran Slater at
Hess Kramer Institute Weekend, Oct. 12-14, 1979

WORDS TO MITERITSA
Miteritsa mou glikia, thelo mia 'gapitikia//
Mavramatia ke megala, zimomena me to gala//
Ithela na'rtho to vradi, m'epiase psili vrohi//
To Theo parakalousa, via na se vro monahi//

MUSIC: 4/4
PATTERN:
Sweet mother, I want a loved one, with
eyes dark and large and beautiful skin
(The idiom says, "Dark eyes kneaded with milk.")

1-1 Facing L, step fwd on R
2-2 Step next to R on L with bent knee (step-C)
3-3 Repeat action of meas 1 to a total of 32 hop-steps (skips).
I wanted to come to you last night,
a rain caught me.
I asked God to let you
be alone when I found you.

NOTE: Throughout this variation there should be slightly more emphasis on
the steps of the R ft, while there may be more flex of L knee when
stepping on the L.

SECOND VARIATION (INSTRUMENTAL MELODY) (All of the dancers
drop hands and clap while lead M dancer does following step
with partner)

1 A small hop on L. Step on R ft. (This is a skip step.) A
2-2 small hop on R ft. Step on L ft. Repeat action.
Repeat action of meas 1 to a total of 32 hop-steps (skips).

NOTE: Sometimes this is done as a two-step.

Lead M does the skipping step over to the W and chooses a partner, hooks R elbow
with her and they turn together in CW direction doing the skipping step for
several meas. They then hook L elbow and do skipping step turning together
in other direction for several meas. The M leaves the W and repeats the
action with another W. The first W returns to place. Lead M may do this
with several partners if he has time. There are 8 meas of instrumental music
before the vocal begins again and the leader returns to place and the first
variation is repeated, but this time the W who first danced with the
leader leaves the line and chooses a M to dance with her. This M will be