PENTOZÁLIS
Crete

This dance is from the island of Kríti and is one of their most
popular dances. The name is supposed to describe the five steps of
the dance, pénto meaning five, and zála referring to the steps.
(Zála also means dizzy or giddy, so often pentozáli is translated
as "five dizzying steps". All of the steps are springy.

Bibliography: <u>Greek Folk Dances</u>, M. Vouras and R. Holden (N.J., 1965)
<u>Elliniki Hori</u>, V. Papahristos (Athens, 1960)
<u>Folk Dances of the Greeks</u>, T. and E. Petrides (N.Y.,1961)
Record: <u>Greek Folk Dances</u>, Folkraft LP-3; Chorodrama "45" Pentozali;
NINA LP "Aegean Echoes". Any good pentozális can be used.
Formation: A broken circle with arms on the shoulders ("T" position).
Meter: 2/4
Characteristics: It is better if the men and women dance separately,
but it is perfectly correct for the lines to be mixed. The men
can make their steps much more leaping and large and it is difficult
for the women to dance with appropriate feminine styling while
next to men who are leaping about. The dance can be done either
calmly, or with great vigor.

Meas	Pattern
	Basic Step
1	Step R sdwd R (ct 1); hop on R (ct 2).
2	Step L sdwd L (ct 1); hop on L (ct 2).
3	Leap R sdwd R, bending the R knee (ct 1); step L to L (ct 2); step R across in front of the L ft (ct &).
4	Step back in place on L (ct 1); step R sdwd R (ct 2); step L across in front of the R ft (ct &).

Siganós Pentozális - Slow Pentozális danced before
the Basic Step above. When the music speeds up, or the
excitement has built up, the Basic Step is begun.

1	Step R sdwd R (ct 1); swing L in front of R (ct 2).
2	Step fwd on L (cts 1,2).
3	Step bkwd on R (ct 1); swing L in front of R (ct 2).
4	Step L to L (ct 1); swing R in front of L (ct 2).

Variation I

2	Step fwd on the L, bending the R leg with the R ft behind the L knee.

<u>Variation II</u> (Men do large scissors kick; women do small
   movement)

4   Leap onto the L, kicking the R high in the air (ct 1); leap
onto the R as the L follows in a high kick across in front of
the R (ct 2); step on L (ct &).

<u>Variation III</u>

4   L ft may either step behind the R or beside the R (ct &).

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