

PILALITOS
(Thrace, Greece)

= Πιλαλίτος =

Source: The Pilalitos is a hasapikos dance from the area of Thraki (Thrace) in northeastern Greece. It is sometimes called "Hasapikos Thrakis," meaning a hasapiko of Thrace. This dance can be done to many different tunes and can have many different types of step variations. This is a simple version of the dance. The word "pilalitos" comes from the verb "pilalao" which means to run or move around a lot. The dance then is a vigorous or running dance. Some music would start slowly and then speed up, other music might be fast all the way through, or, as in this case, a slow melody alternates with a fast melody.

Bibliography: Elliniki Hori, Papahristos, (Athina, 1960)
Greek Folk Dances, Vouras and Holden, (NJ, 1965)

Music: Panhellenion LP
or any hasapikos Thrakis
2/4 or 6/8 time

Formation: A broken circle with the leader at the right end of the line. There are three different handholds which can be used: arms on shoulders; a belt hold (the dance is sometimes called zonarathikos because of the belt hold or zonari hold); or a front chain hold in which each persons arms cross in front of their neighbors to grasp the next person's hands.

Characteristics: The style is rather heavy, but there is an exuberance in feeling especially during the fast music.

<u>Meas.</u>	<u>cts.</u>	2/4 or 6/8 time	<u>SLOW MUSIC</u>
I	1	Step to the right on right foot	
	2	Step across in front of right on left foot	
II	1	Step sideways to right on right foot	
	2	Slightly swing the left foot (leg straight) across in front of right (or lift left foot next to right calf)	
III	1	Step to left on left foot	
	2	Slightly swing the right foot (leg straight) across in front of left (or lift right foot next to left calf)	
			<u>FAST MUSIC</u>
I	1,2	As above, but with a running feeling	
II	1	Step on both feet (knees slightly bent)	
	2	Hop on right foot lifting left foot next to right calf (or swing left foot)	
III	1	Step to left on left foot	
	2	Hop on left foot lifting right foot next to left calf (or swing right foot)	

You may do an extra hop on the left foot before beginning the fast step again. This gives you two consecutive small hops on the left foot which heightens the exuberance of the step.

