

## Ballaristós

Ballaristós is a island-style “sta tria” from the island of Mykonos. It can be danced to the same melody as “Syrtos naxou” or “Vlaha naxou,” and the steps are, indeed, a variation of this dance.

MUSIC: “Ballaristós” CD: *Balkan and Beyond*

RHYTHM: 2/4

FORMATION: Open circle, leader on R.

HANDHOLD: Shoulderhold. “T”

STYLE: Quite pronounced bounce on the slow figure, more energetic, of course, on the fast.

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METER 2/4

PATTERN

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Meas

(The leader may start anywhere in the music.)

### I. FIRST FIGURE (slow, bouncing “sta tria”)

- 1 Facing center and moving to the R: step on R ft to R (1), step on L in front of R (2).
- 2 Turning to face slightly L of ctr: step on R ft to R (1), “touch” ball of L ft on floor, diag L(2).
- 3 Turning to face slightly R of ctr: repeat meas 2, but with opp ftwk.

## **II. SECOND FIGURE (throw L ft behind R)**

- 1 Facing center and moving to the R: Leap on R ft to R, twisting lower body to L and bringing L ft near or behind R (1), hop on R ft, bringing L ft around twd front (2), step on L ft in front of R (&).
- 2 Stopping the momentum to the R and beginning to travel to the L: leap on R ft to R, throwing L ft behind R, knees quite close together (1), step on L ft in place, behind R ft (2), step on R ft to L, in front of L (&).
- 3 Stopping the momentum to the L: jump onto both ft, knees bent (1), hop onto L ft, lifting R knee in front (2).

Leader repeats each figure as many times as he or she pleases, generally phrasing the transitions so that the more energetic 2<sup>nd</sup> figure coincides with the more energetic part of the music (the refrain), although the phrases do not coincide exactly. The leader calls the transitions with a hearty “opa!”

Dance presented by Lee Otterholt

Dance notes by Lee Otterholt

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