

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.

METER 2/4

PATTERN

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 2nd 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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