

# Ballaristós

Greece

Ballaristós is an 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.

The leader calls change of figure with "opa!"

## **I. FIRST FIGURE (slow, bouncing "sta tria")**

- 1 Facing center and moving to the right: step on R ft to right (1), step on L in front of R (2).
- 2 Turning to face slightly L of center: step on R ft to right (1), "touch" ball of L ft on floor, diagonally left (2).
- 3 Turning to face slightly right of center: repeat meas 2, but with opposite footwork.

[Walk, walk, step, touch, step, touch]

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

- 1 Facing center and moving to the R: Small leap or step on R ft to right, twisting lower body to left and bringing L ft near or behind R (1), hop on R ft, bringing L ft around toward front (2), step on L ft in front of R (&).
- 2 Stopping the momentum to the right and beginning to travel to the left: small leap on R ft to right, 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 left: land on both feet, knees bent (1), hop on L ft, lifting R knee in front (2).

[twist, hop, step, slide, 1, 2, 3, lift]

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!"