

# Ballaristos

(Greece)

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

Pronunciation:

CD: “Ballaristos” *Balkan and Beyond*

2/4 meter

Formation: Open circle, leader on R. Hands joined in T-pos.

Styling: Quite pronounced soft bounce on the slow figure; more energetic, of course, on the fast.

Meas

Pattern

INTRODUCTION. The leader may start anywhere in the music.

I. SLOW, SOFTLY BOUNCING “STA TRIA”

- 1 Facing ctr and moving to the R: step on R to R (ct 1); step on L in front of R (ct 2).
- 2 Turning to face slightly L of ctr, step on R to R (ct 1); keeping ball of L ft on floor, bend, then straighten R knee, that is “touch” ball of L ft on floor, diag L, ft quite far apart (ct 2).
- 3 Turning to face slightly R of ctr, repeat meas 2 with opp ftwk.

II. THROW L FT BEHIND R

- 1 Facing ctr and moving to R, leap onto R to R, throwing L ft behind R, knees quite close together (ct 1); hop on R, bringing L ft around twd front (ct 2); step on L in front of R (ct &).
- 2 Stopping the momentum to the R and beg to travel to the L, leap onto R to R, again throwing L ft behind R, knees quite close together (ct 1); step on L in place, behind R (ct 2); step on R to L, in front of L (ct &).
- 3 Stopping the momentum to the L, jump onto both ft, knees bent (ct 1); leap onto L, lifting R knee in front (ct 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!”

Notes by Lee Otterholt

Presented by Lee Otterholt