

Pontos

THE NAME OF THE DANCE	Halay (Χαλάι)
THE TITLE OF THE SONG	Various
AREA	Ak Dag Maten
RYTHM	2/...
HAND-HOLDING *	W
DIRECTION	right
DANCERS	men & women

THE NAME OF THE DANCE	Etere (Έταιρε)
THE TITLE OF THE SONG	Various
AREA	Matsouka
RYTHM	7/...(2+2+3)
HAND-HOLDING *	W
DIRECTION	left & in place
DANCERS	men & women

THE NAME OF THE DANCE	Sheranitsa (Σερανίτσα)
THE TITLE OF THE SONG	-
AREA	East Pontos
RYTHM	7/...(2+2+3)
HAND-HOLDING *	V (and swinging) & Λ
DIRECTION	right-left & in place
DANCERS	men & women

explanation: **W** = arms bend at elbows **V** = arms down **Λ** = arms high

T = arms hold from the shoulders **X** = crossing arms

Γ = one arm hold from the shoulder one in a W position

IN-OUT = dancers first move to the center of the circle and then the opposite

THE NAME OF THE DANCE	Sarigouz (Σαρίγκουζ)
THE TITLE OF THE SONG	-
AREA	Matsouka
RYTHM	5/...(2+3) maybe 9/...(2+2+3+2)
HAND-HOLDING *	W ...V
DIRECTION	in place & in/out
DANCERS	men and women

Kars

THE NAME OF THE DANCE	Touri (Τούρη)
THE TITLE OF THE SONG	-
VILLAGE	Kars
RYTHM	6/...(3+3)
HAND-HOLDING *	TT
DIRECTION	Right - in place
DANCERS	men & women

explanation: **W** = arms bend at elbows **V** = arms down **Λ** = arms high

T = arms hold from the shoulders **X** = crossing arms

Γ = one arm hold from the shoulder one in a W position

IN-OUT = dancers first move to the center of the circle and then the opposite