



Folk Dances in Greece



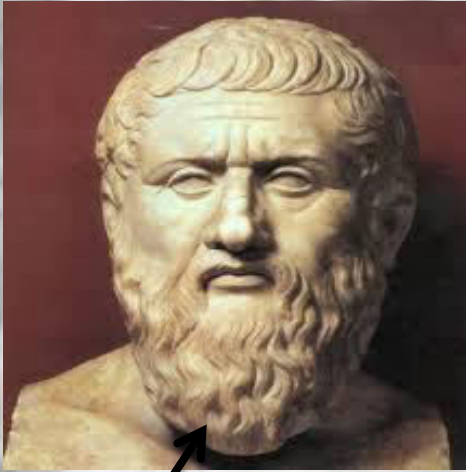
Παρουσίαση –Επιμέλεια: Ομάδα Β΄



A Few Words



Greece is one of the few countries in the world where folk dances are as alive today as they were in ancient times.



Dance has always played an important role in the life of a Greek. It is an expression of human feelings and everyday life. The Greeks danced at religious festivals, ceremonies; they danced to ensure fertility; to prepare for war and to celebrate victories; they danced at weddings; to overcome depression and to cure physical illness. Almost every dance has a story to tell.

Plato agreed with his mentor Socrates that every educated man should know how to dance gracefully by which he meant the manly exercises that kept the body strong and supple and ready to do its duty on the battlefield. The Pyrrhic, or weapon dance (a form of mock combat) taken from Crete and perfected in Sparta, was the ideal.



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There are two distinct categories in the traditional Greek dance:

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the springing/leaping dance

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the shuffle/dragging dance known as sirtos



Most dances are circle dances, start with the right foot and move counter-clockwise. Each dancer is linked by a handkerchief or by holding hands, wrists or shoulders. In mixed dances, the man will lead the dance, which allows him in most regions to improvise or break away allowing him to express himself.

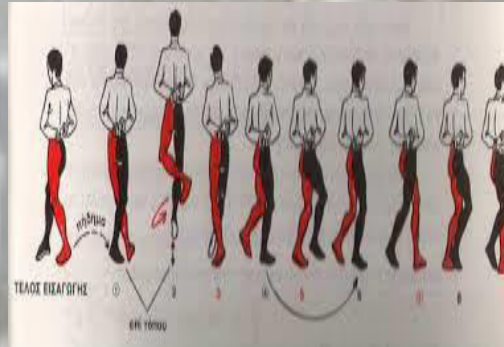
REGIONAL CHARACTERISTICS



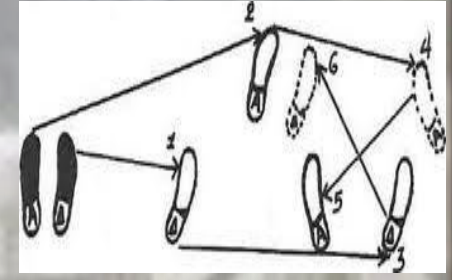
AEGEAN ISLANDS

The music of these islands is very delightful and lyrical and as such portrayed in its dances. These are characterised by the lightness of steps and the springing in the knees. Most frequently danced are Ballos, Sirtos, Hasapikos, Karsilamas, Sousta, Trata, Stavrotos, Chiotikos and Ikariotikos.

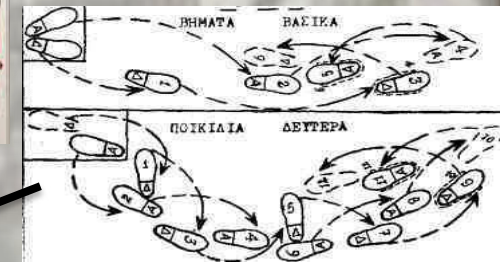
Ikariotikos



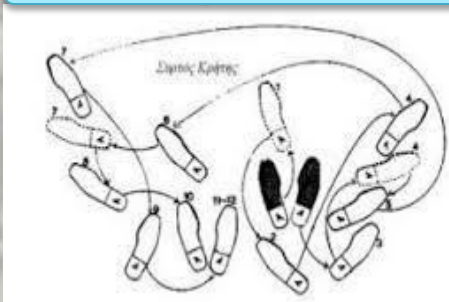
Hasapikos



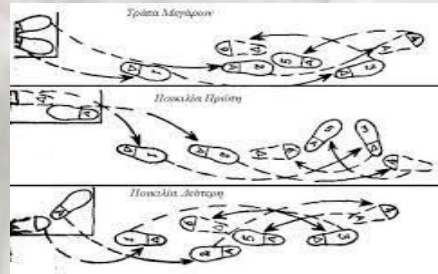
Chiotikos



Syrtos



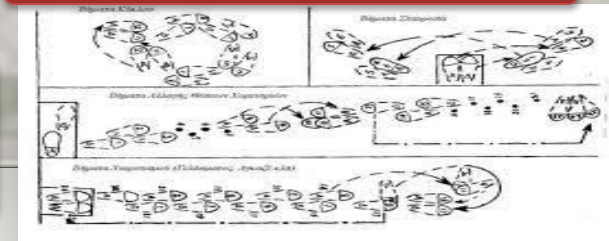
Trata



Saronic Islands

The Saronic islands include Salamis, Aegina, Poros and Angistri. Dances of these islands include Syrtos, Ballos, Koulouriatikos and Trata.

Sousta



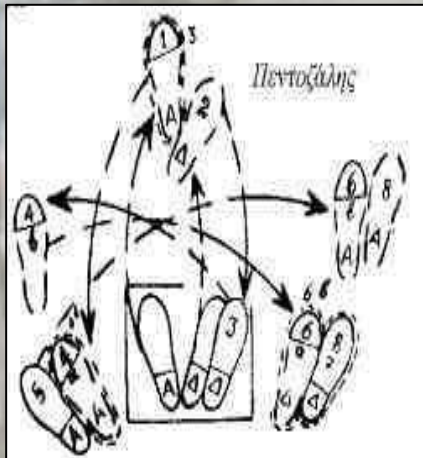
Sporades

The Sporades islands include Skiathos and Skopelos. Dances from these islands include Syrtos, Ballos, Sousta and Karsilamas.

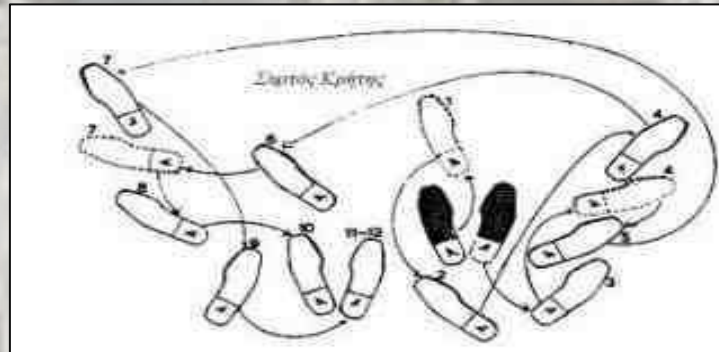
CRETE

Crete is the largest Greek Island and the fifth largest in the Mediterranean. It was reunited with Greece in 1913. Each Cretan dance gives the opportunity for a dancer to lead and improvise. A particular characteristic of the Cretan dances is the springing movement of the dancers. The Cretan lyre is the most distinctive instrument on this island. Their dances include Syrtos, Siganos, Pentozalis, Maleviziotikos, Laziotikos, Rodo, Apanomeritis, Zervodexos and Sousta.

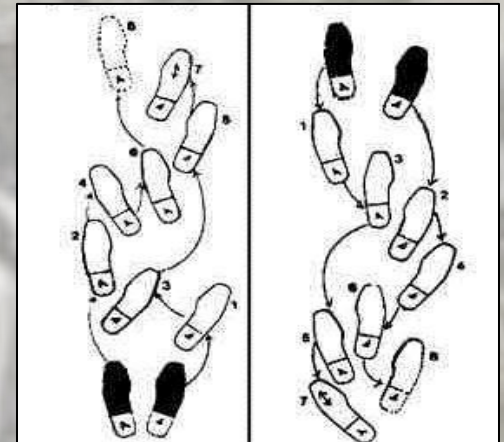
Pentozali



Syrtos



Maleviziotikos



Dodecanese islands

Dances from this area include Syrtos, Ballos, Roditikos, Lerikos, Sirba, Haniotikos and Sousta.

