

# STA DYÓ

(Greece)

Sta Dyo (Stah DEE-oh) means the dance has two steps. This dance may also be called Pogonisios (Poh-goh-NEE-see-ohs). Pogonisios means a dance from Pogoni in Epirus, in northwest Greece, and may refer to other such dances. Sta Dyo was introduced by John Pappas at University of the Pacific Folk Dance Camp, 1967.

**MUSIC:** Record: Songs of Epirus 7A, "Den Boro Mannoula"  
(mistitled "Sugorisios")  
Folkraft 1469x45A, "Pogonisios"  
OMGGA 21, Side B, Band 1, "Pogonisian Syrtos Selection"  
RCA Victor International FPM-135, Side 1, Band 6,  
"Evgha Sto Parathiri sou"  
Monitor MF 417, Side 1, Band 6, "Pogonisios  
Ipirotikok Choros"

**FORMATION:** Broken circle with hands joined at shoulder height, elbows bent and down. The hands should be held comfortably back near the shoulders, not pushed fwd into the circle. Leader's free hand is extended out to the side, shoulder height, and his fingers snap in time to the music.

**STEPS AND STYLING:** Walk\*, Step-close\*  
Depending on the feeling of the music, the dance has a free and joyous feeling with some spring in the steps. There are no large movements.

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MUSIC 4/4

PATTERN

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Measures

## INTRODUCTION

This is up to the leader. He waits until he feels like starting.

### I. TRAVELING STEP

- 1 Step L across in front of R (cts 1-2); step R sdwd R (ct 3);  
step L across in front of R (ct 4).
- 2 Step R sdwd R (cts 1-2); step L behind R (ct 3); step R sdwd R  
(ct 4).

Repeat action of meas 1 and 2 as long as leader desires.

### II. TRANSITION STEP

- 1 Repeat action of meas 1 (Fig I).
- 2 Step R sdwd R (cts 1-2); step L beside R (cts 3-4)  
Repeat action of meas 1-2 (Fig I) beginning R ft across L  
and move in RLOD (CW) as long as leader desires.

Repeat action of meas 1-2 (Fig II), with opp ftwork to  
again move in LOD.

Repeat Fig I and Fig II to end of record. In general, move  
more in LOD than RLOD.

NOTE: The tunes are usually written in phrases of 4 meas.  
A good time to make the transition is on the third and fourth  
meas of a phrase. This is decided by the leader.