

Kalamatianós

Translation: from the city of Kalamáta *Source:* Folkraft LP—8 *Formation:* “W” position. Right foot free.

Taught by: Rickey Holden/Evansville 2008 *Rhythm:* 7/8 meter. *Origin:* Panhellenic. The Greeks consider this a 12-step sequence.

Steps are not equal-valued but counted as “slow, quick, quick” or 1, 2, 3; 4, 5; 6, 7 etc.

Measure	Count	VARIATION 1—BASIC	Measure	Count	VARIATION 1D—MEASURE 4 :
1-2	1, 2, 3	Step FWD on R foot			STEP-CLOSE
	4, 5	Step FWD on L foot	4	1, 2, 3	Turning to face center, step SDWD L on L foot
	6, 7	Step FWD on R foot		4, 5, 6, 7	CLOSE & touch ball of R foot beside L
	1, 2, 3	Step FWD on L foot			VARIATION 2 : BACKWARD ON ‘2’ & ‘6’
	4, 5	Step FWD on R foot	1-4	1-12	As 1 above, except on steps 2 and 6, turning to face slightly left, step BKWD on L foot
	6, 7	Step FWD on L foot			VARIATION 3 : HOP BEFORE ‘1’ & ‘4’
3	1, 2, 3	Turning to face center, step SDWD R on R foot	1-4	1-12	As 1 above, except HOP on L foot on upbeat, just before step 1, and also on R foot just before step 4
	4, 5, 6, 7	Turning to face slightly right, point L TOE FWD			VARIATION 4 : COMBINE 2 AND 3
4	—	REPEAT pattern of measure 3, REVERSING direction and footwork	1-4	1-12	As 2 and 3 above, together hopping before steps 1 and 4, turning to face slightly L and stepping BKWD on steps 2 and 6
		VARIATION 1B—MEASURES 3-4 : DELAYED PAS DE BASQUE			NOTE: While it is possible for all to do the following variations, they are usually reserved for the leader only.
3	1, 2, 3	Turning to face center, step SDWD RIGHT on R foot			VARIATION 5 : TURN ONCE
	4, 5	Turning to face slightly right, CROSS & a small step on L foot in front of R	1	1, 2, 3	Releasing hands, step SDWD R on R foot
	6, 7	Step back on R foot in place		4, 5, 6, 7	Turn R once around in two walking steps (L, R) in rhythm. Rejoin hands.
4	—	REPEAT pattern of measure 3, REVERSING direction and footwork			VARIATION 6 : TURN TWICE
		VARIATION 1C—MEASURES 3-4 : BACK DELAYED PAS DE BASQUE	1	1, 2, 3	As 5 above, but do not rejoin hands
3	1, 2, 3	Turning to face center, Step SDWD R on R foot	2	4, 5, 6, 7	Continuing, Turn R ONCE around again (twice in all) in three walking steps (L, R, L) in rhythm. Rejoin hands.
	4, 5	Turning to face slightly right, CROSS & a small step on L foot in BACK of R			
	6, 7	Turning to face center, step on R foot in place	3-4	—	As 1 above
4	—	REPEAT pattern of measure 3, REVERSING direction and footwork			

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Kalamatianós continued

Measure Count VARIATION 7 : JUMP DOWN

- 1 1, 2, 3 Jump down on both feet, bending knees wide apart, body erect
4, 5 Jump up and leap onto R foot in place
6, 7 Cross & leap onto L foot in front of R

- 2 — REPEAT pattern of measure 1

- 3-4 — As 1 above

VARIATION 8A

- 1-2 1-6 As 1 above

- 3 1, 2, 3 Turning to face center, leap SDWD on R foot swinging L across in front
4, 5 Leap SDWD L on L foot
6, 7 Cross & leap on R foot in front of L

- 4 1, 2, 3 Leap BKWD on L foot in place
4, 5 Leap SDWD R on R foot, swinging L leg high up
6, 7 Cross & step on L foot in front of R

VARIATION 8B—MEASURE 3 : HOP AND LEAP

- 1 1, 2, 3 Turning to face center, Hop on L foot in place, bending R knee to swing R foot up in back
4, 5 Hop again on L foot in place, swinging R foot FWD with knee straight
6, 7 Cross & leap on L foot in front of R

VARIATION 8C—FOR LEADER : BRIDGE

- 1-4 1-12 As 1 above, except leader joins his R hand with second person's R hand, turning second person L half-around, their hands join R hands forming a bridge under which second's L hand pulls the others through.

NOTE: The below version is from an alternate source which is unknown

Measure Count

- 1 & Slight hop on L foot
(optional, about an 1/8 note in time)
slow Facing center, step on R to R
quick step on L behind R
quick Pivoting to face CCW, step on R FWD (CCW)

- 2 & Slight hop on R foot (optional)
slow Step FWD in LOD (CCW) on L, hold
quick, quick Step FWD 2 steps in LOD - R, L

Balance

- 3 & Slight hop on L foot (optional)
slow Turning to face center, step on R to R, hold
quick Step on L crossing in front of R
quick Step on R in place

- 4 & Slight hop on R foot (optional)
slow Step on L to L
quick Step on R crossing in front of L
quick Step on L in place

Variations:

The leader often does turn steps on the travelling part, and squatting steps or jumps on the balance part.

NOTE: The Kalamatianós remains, for the Greeks, the most popular and best known of all their folk dances, not only at home but wherever they have emigrated throughout the world. Originally there were two rhythms for the syrtós – the 3-2-2 of 7/8 metre and the 4-2-2 of 8/8 metre. A medley of 7/8 tunes, one of which contained the words Sán Pás Stín Kalamáta (When You Go To Kalamata), became popular throughout Greece and thereafter all syrtós dances in 7/8 became known to musicians as “...like the Kalamáta rhythm” –hence “Kalamatianós.” To vary the rhythm of a slow dance sometimes the faster steps of Kalamatianós are added at the end; see Karagoúna, Róvas, Vlákha Epírou.