

# BALLOS

*Source:* Choreographed by Dick Crum, learned from Nate Lofton. As taught at International House of The University of Chicago by Frank and Dee Alsberg, Jan. 1975

*Rhythm:* 4/4, counted as slow, quick, quick

*Formation:* Couples facing CCW, W to R of M, inside hands joined. M's free hand held out at shoulder height, snapping fingers to rhythm of the dance; W's free hand on waist.

*Styling:* Very relaxed. Partners maintain eye contact and flirt with each other throughout the dance.

*Steps:* Forward Syrtos - (takes 4 measures)

*M's steps:* Step FWD L (count 1-2), step FWD R (count 3), step FWD L (count 4). Repeat using opposite footwork (count 1-4). Repeat measure exactly (count 1-4). Step BKWD R (count 1-2), step BKWD L slightly behind R (count 3), small step FWD R (count 4).

*W's steps:* does same steps using opposite footwork.

Cross-Balance - (takes 2 measures)

*M's steps:* Step to L with L (count 1-2), step R crossing in front of L (count 3), step L in place (count 4). Repeat using opposite footwork and moving in opposite direction (count 1-4).

*W's steps:* does same steps using opposite footwork.

Side Syrtos with Cross - (takes 2 measures)

*M's steps:* Step L across in front of R (count 1-2), step R to R (count 3), step L across in front of R (count 4). Step R to R (count 1-2), step L across in front of R (count 3), step R to R (count 4). During each of these steps the shoulder above the stepping foot moves slightly FWD as the step is taken.

*W's steps:* Step R to R (count 1-2), step L behind R (count 3), step R to R (count 4). Step L behind R (count 1) During each step onto R, the L shoulder moves slightly FWD, returning to place as L foot steps behind R. The shoulder movement for both M and W should be subtle. Slow steps (count 1-2) are on flat foot, quick steps (count 3 and count 4) should be taken on ball of foot.

<u>Measure</u>	8 measure introduction
	<b>1) FORWARD AND STAR</b>
1-8	With inside hands joined and free hand snapping fingers out at shoulder height, do two "Forward Syrtos", beginning M's R - W's L.
9-16	M turning to join L hands with partner at shoulder height and elbows bent, to continue with two more "Forward Syrtos", moving CCW around each other on full turn.

*NOTE:* FIG. 1 is an introductory figure and is not done again during the repeats.



# ...BALLOS CONTINUED

## 2) PROMENADE

- 1-8 Keeping L hands joined and facing LOD (CCW) couples dance two "Forward Syrto".  
W's R hand is on her waist - M's R hand is out to R side behind partner.

## 3) WOMAN TURNS

- 1-4 W putting both hands on waist and M putting L hand on waist leaving R arm extended to R, both dancers do a "Forward Syrto" with the W using the first two measures to make one complete CW turn.  
5-8 Repeat action of FIG 3, measures 1-4 exactly.

## 4) ESCORT

- 1-4 M makes a 1/2 turn CW to face RLOD, extending L arm in front of his partner who is facing LOD. Both her hands and his R are on waist. Both do a "Forward Syrto" moving in LOD (CCW) around the circle with the M doing his steps backward. On measure 4 both dancers make a 1/2 turn CCW so that W faces RLOD and M faces LOD.  
5-8 M switching hand positions so that his R is now in front of partner, repeat action of FIG. 4, measures 1-4 exactly but now moving in RLOD. On measure 8 both make a 1/4 turn R (CW) to face partner.

## 5) CROSS - BALANCE

- 1-4 W leaving hands on waist and M extending both arms at shoulder height, both do 2 "Cross-Balance" steps. M begins L and snaps fingers in rhythm of dance, W begins R.  
5-8 Repeat action of FIG. 5, measures 1-4 exactly except M now puts backs of both hands at the small of his back while W extends arms and snaps fingers.

*NOTE:* During these 4 measures the W may, instead of snapping fingers, hold a handkerchief extended between her hands and, moving it slightly from side to side, flirt over the top of it.

## 6) SIDE SYRTOS WITH CROSS

- 1-8 With W's hands on waist and M's hands extended at shoulder height doing finger snaps, partners move CCW around each other one full turn using "Side Syrto with Cross" steps.

Repeat entire dance twice beginning with FIG. 2