

CIGANJA (see gone yah) Gypsy

Choreographer: Ira Weisburd

These are my dance notes not Ira's, from Calgary Workshop 10/12/13

Count: SQQ 7/16 3 + 2 + 2 (Lesnoto or Sytros)

Formation: circle, arms W | Intro: instrumental 8 counts | LOD ccw

1. Stomp

wt on L step R (S), x behind with L (Q), step side with R (Q), step on L in front of R (S), stomp R in front of L and hold for two QQ, don't take weight, step back with R (S), back with L (Q), to the R with R (Q), walk L (S) R (Q) L (Q) wt is on L to repeat.

wt is on L to begin 2:

2. Rolling grapevine, let go of hands - hands free style

R (S) x behind with L (Q), half turn R (Q),

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R (S) x behind with L (Q), half turn R(Q),

End with L(S) x in front of R, R(Q) wt, L(Q) next to R, L has wt to begin again:

Repeat 2 At end of repeat, back to W hold, add step

R x in front of L (S), R(Q) wt, L(Q) next to R, L has wt for R x in front of L (S), L(Q), R next to L (Q), L has wt to begin 3:

3. Crush

Wt on L, ball of R next to L, move knee in(S) out (Q) in (Q), step back with R (S), side with L (Q),

Wt on R (Q), ball of L next to R, move knee in(S) out (Q) in (Q), step back with L (S), side with R (Q) wt on L (Q) ready for 4:

4. Lesnoto

Step LOD with R (S), lift L with two slight bounces L takes wt at end of 2nd bounce (Q)(Q)

Step LOD with R (S), lift L with two slight bounces L sweep back at end of 2nd bounce (Q)(Q)

L (S) R (Q) L (Q), R (S) L x in front of R (Q) L takes wt next to R (Q) ready to repeat 4 with opposite foot work and direction, end with wt on L to begin 5:

5. Pogonisios¹

Moving backwards in the LOD R (S), L (Q), R (Q), turn to face LOD repeat, arm down as L x back of R, then arms up in W as R x back of L, to the center walk R (S), L (Q), R (Q), L (S), R (Q), L (Q), Twizel back out, R (S), L (Q), R (Q), L (S), R (Q), L (Q) Arms in W, windshield wipers, move R, L, R as you move in and out. Repeat 5

Repeat 1-5

Repeat 1-2 – end of dance

Roger Pillsbury 2/27/2015

¹ **Pogonisios** (Poh-goh-NEE-see-ohs) Takes its name from the district of Pogoni in Epirus, in northwest Greece, where it originates. It is always danced to the same song. In 2/4 time, it starts slow and heavy like most Epirote dances and then gradually accelerates, with the dancers changing steps once the music is fast enough. The dance is danced in a circle either in a variation for couples or in any proportion of men and women. The basic step is a type of Sytro which outside of Epirus is known as Sytro Sta Duo.

