ARHIMINIA

Chor. Paul Boizot, 2014. Music; Arximinia Ki Arxi Xronia by Xorodia from the album Kalanta Apo Diafores Perioxes (track 9, not the similarly titled track 11). Mp3 available on ITunes USA at https://itunes.apple.com/us/album/kalanta-apo-diafores-perioxes/id344746382. In the UK, open ITunes Store, and also open that web link, and click on "view in ITunes". ITunes may then give you the option to switch to the USA store. You can hear it on youtube at https://www.youtube.com/watch?v=LQXNNV7iUkI.

I also use a more reflective instrumental music; St Basil's Hymn, by Timothy Seaman, available as mp3 on Amazon UK* or ITunes. There are other vocal recordings; one by Byzantine Chorus would probably suit, though it would need lengthening. The George Dalaras version is too slow for me.

A New Year dance – it can be used as a greeting dance. Some info on Greek New Year carols is at http://www.greeksongs-greekmusic.com/greek-carols-for-the-new-year-arhiminia-kai-arhihronia. Rhythm 2/4. Formation; circle, or open circle – you can turn the line round so that people face each other. Dance crosses music. Start at the beginning of any bar.

Arms V. ∩↑ rock in R, ∩↓ replace L , ∩→ sR q, cl. L q, sR; ∩↑ rock in L, ∩↓ R q , loosely cl.L q, ∩→ sR q, cl. L q, sR; ∩↑ rock in L, ∩↓ replace R , ∩← sL q, cl. R q, sL.

On each of the rocking in steps, the arms can swing forward - mostly straight, not bent, and not too far, only to around 45° - returning to V as you step back. Let the knees bend on the rocking in steps.

Make the side steps going to the left a little smaller than those going to the right, to help the dance travel more to the right overall.

* if you buy this mp3, or any other items from Amazon, via any Amazon link on my website at www.paulboizot.co.uk, I will get a commission. Direct link; http://www.amazon.co.uk/exec/obidos/redirect-home?tag=aromcircfolkd-21&placement=home_multi.gif&site=amazon

Paul Boizot 13.01.15