

**Name:**        **Sta Dyo**  
**Origin:**      **Greece**

**Source:**        **Folk Dance Federation of  
California**

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

Music: Record: Songs of Epirus 7A, "Den Boro Mannoula"  
 (mistitled "Sugorisos") Folkraft 1469x45A, "Pogonisos"  
 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,  
 "Pogonisos 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. Leaders 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.

Music: 4/4

### **Description:**

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

I. Traveling step

Measure 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).

## Measure 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

## Measure 1

Repeat action of meas I (Fig I).

## Measure 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.