

Milisso

(North Thrace)

This is a dance from the villages of Mikro and Megalo Monastiri in North Thrace (Anatoliki Romylia). In the 7/16 (2-2-3) time signature it is danced to this one specific song. The same tune is also found in nearby Bulgarian villages, but danced differently. The song asks "Milisso, why do you sleep all alone?" Milisso responds, "I do not sleep alone. My husband is a gaida player and my brother-in-law is a flute player. I have twelve young men and with you it is thirteen!"

Pronunciation: mee-LEE-soh Translation: Milisso is a woman's name.

Music: 7/16 meter (2-2-3) Dancer's Quick-quick-slow [Video](#)
Greek Dances Horos With Joe, Track 6

Formation: Open circle, mixed M and F, arms in W-pos.

Steps & Styling: The whole dance phrase traces out a sort of squared-off figure 8. Steps can be smooth or bouncy according to individual preference.

Meas 7/16 meter Pattern

INTRODUCTION. No action. Since the dance figure crosses the musical phrase, dancers can start on any measure of the music.

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| 1 | Facing ctr, step R slightly to R and swing arms down and back (ct 1); step L behind R and swing arms fwd (ct 2). |
| 2 | Step R diag bkwd to R and swing arms back (ct 1); step L behind R and swing arms fwd (ct 2). |
| 3 | Step R diag bkwd to R and bring arms up to W-pos (ct 1); lift L slightly fwd twd ctr (ct 2). |
| 4 | Step L fwd (ct 1); lift R slightly fwd twd ctr (ct 2). |
| 5 | Step R fwd (ct 1); lift L slightly fwd or scuff next to R (ct 2). |
| 6-10 | Repeat meas 1-5 with opp ftwk and direction. |

Note: Initiate the dance with meas 9 and 10, i.e., to travel into circle before traveling out on the diagonal.

The step-lifts of meas 3, 4, 5 / 8, 9, 10 can be substituted with three-step QQS during the instrumental refrain in the music but this is seen mostly with performing groups and not among the actual villagers.

Presented by Joe Graziosi