

Cemo

Turkey

The steps and styling are from E. Anatolia, Turkey.

TRANSLATION: Cemo is the name of a Kurdish man.

PRONUNCIATION: JEHM-oh

MUSIC: Turkish Dances No. 3 by Ahamet Lüleci

FORMATION: Lines with little fingers joined. Forearms parallel to floor, with hands next to sides at waist ht. Shldr to shldr to neighbor.

METER: 4/4 & 2/4

PATTERN

Meas Count

INTRODUCTION Beg with vocal.

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FIG. 1-A (Vocal)

- 1 1-3 Facing diag R - step R,L,R diag R fwd.
4 Touch L beside R (most of wt on heel) - turning to face ctr.
2 1-3 Facing ctr - step L,R,L bkwd.
4 Touch R beside L (most of wt on heel).
Arms: Small up-down movement on each step.
Sequence: Usually done 3-4 times.

FIG. 2 (Variation of Fig. 1) (Vocal)

- 1 1-4 Repeat Fig. 1, meas 1.
& Facing ctr - with partial wt on L, slightly slide R bkwd.
2 1-3 Moving bkwd, repeat Fig. 1, meas 2, cts 1-4, except on ct 1 bend R knee.
& Quickly touch R beside L (most of wt on heel).
Sequence: Done until change in music.

TRANSITION to Fig. 3 (music change)

- 1 1-4 Moving fwd - repeat meas 1, of Fig. 2-B.
2 1-3 Facing ctr - step L,R,L bkwd.
4 Close R beside L..

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FIG. 3: BOUNCES IN PLACE

Interlock fingers as arms move down and slightly bkwd of body (elbows straight). L shldr in front of neighbors R shldr (very close).

- 1 1-2 Facing ctr - with ft together, bend knees 2 times.
2 Repeat meas 1. (bend knees 4 times total)
3 1-2 With wt on both ft, bounce twice (1-&); bend knees 1 time (2).
4-12 Repeat meas 1-3. (4 times in all)

FIG 4 MOVING TWD CTR & AWAY FROM CTR

- 1 1-2 Facing ctr - walk R,L fwd with knee flex on each step.
- 2 1-& Close R beside L while quickly double bouncing on both ft.
2 Bend both knees once.
- 3 With wt on both ft, repeat meas 2. (dbl bnc-down)
- 4-12 Repeat meas 1-3. (4 times in all).
- 13-24 Moving bkwd - repeat meas 1-12 with same ftwk. (in & out 2 times total)

FIG 5 MOVE TO R WITH WALKS

- 1 1-2 Facing ctr and moving to R - step R to R (1); step L across R (2).
Arm swings: Hands swing bkwd in prep (ct &); hand then continue to swing fwd (ct 1); and bkwd (ct 2).
- 2 1 Step R to R - hands swing fwd.
2 Bounce on R as L kicks fwd - hands swing bkwd.
Kicks: Lift knee then push ft fwd twd floor.
- 3 Repeat meas 2 with opp ftwk.
Sequence: Fig 5 (walking pattern) is done approximately 5-8 times.

FIG. 6 MOVE TO R WITH RUNNING STEPS

- Arm swings: Continue swinging arms fwd (1) and bkwd (2).
- 1 1-2 Facing ctr - hop on L (ah); step R to R (1); step L across R (2).
 - 2 1-2 Step R to R (1); hop on R as L kicks fwd (2).
 - 3 1-2 Step L to L (1); hop on L as R kicks fwd (2).
- Kicks: Lift knee then push ft fwd twd floor.

Repeat Fig. 6 to end of music.