

# Ararat (Eastern Turkey)

Pronunciation: AH-rah-raht

Record: SÖLEN '83 - Bora Özkök and the Sultans

Meter: 2/4

Source: Learned by Bora Özkök from Ugur Kavas in Ankara, 1982

Translation: Ararat is a mountain in Eastern Turkey. The name Ararat is a shortening of the original name, "Ağrı dağından uçtum," translated as "I flew from the Ararat mountain."

Starting pos: Short, mixed line, with arms in T-position (shoulder hold). Facing center, feet together, R ft a little in front of L, wt on L ft.

## MEASURE

## PATTERN

INTRODUCTION: 6 measures

### FIGURE I

- 1 Bend and stretch both knees ( 1 ), repeat ct 1 ( 2 ).
- 2 Bounce on L, lifting R heel ( 1 ), bounce on both feet (&), bend and stretch both knees, feet are now beside each other ( 2 ).
- 3 Bend and stretch both knees ( 1 ), bend and stretch R knee, lifting L heel ( 2 ).

### FIGURE II

- 1 Jump on both feet facing diag. L ( 1 ), jump on both feet facing diag. R ( 2 ), leap onto R ft, lifting L heel sharply behind (&).
- 2 Leap onto L ft in place, lifting R heel sharply behind ( 1 ), jump on both feet in place ( 2 ), leap onto R ft in place, lifting L heel sharply behind (&).
- 3 Leap onto L ft in place, kicking R fwd along the floor with straight knee ( 1 ), hop on L ft ( 2 ).
- 4 Hop on L ft, touching R heel in front ( 1 ), step fwd onto R ft moving LOD (&), step on L ft across in front of R ( 2 ).

## NOTES:

The leader calls the figures, guided by the musical phrases. This means that Fig. I can be repeated for 2,4,6,8,... etc. times and Fig. II can be repeated for 3,6,9,... etc. times.