Garabneri Bar

Կարապների պար (Armenia)

A woman's dance from Hayastan (the Armenian name for their country) from the program of Eddy Djodjolan. Music by Khachatur Avetissyan from the album Davigh: Armenian melodies.

Pronunciation: gah-rah-bah-NEH-ree BAHR Translation: Dance of Swans

Music: 6/8 meter For his 2023 music, contact Roberto at:

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Formation: Mixed circle, facing R (CCW), arms down at sides, no hand hold.

Styling Except where noted, hand and arm movements are flowing and graceful.

The main direction of the dance is CW.

Meas	6/8 m	eter Description
4		INTRODUCTION. No action.
	I.	FIGURE I.
1		Step R bkwd, bending R knee and leaning upper body twd R (ct 1); 2 steps L-R back (cts 2-3). During cts 1-3 turn R hand inward and out again, looking twds R hand. Repeat with opp ftwk, body and hand movement (cts 4-6).
2		Repeat meas 1, at the end turn L to face CW.
3		3 steps R-L-R fwd, crossing hands low in front (cts 1-3); repeat with opp ftwk, opening arms at sides, palms down (cts 4-6).
4		3 steps R-L-R fwd, lifting hands high in front, palms down (cts 1-3); step L fwd, bringing hands down, arms extend bkwd (ct 4); hold (cts 5-6).
5-8		Turning L to face CCW, repeat meas 1-4.
	II.	FIGURE II.
1		Step R fwd, across L, moving out of circle (ct 1); 2 steps L-R, hands are above head, forming an oval, palms facing up (cts 2-3); repeat with opp ftwk and direction (cts 4-6).
2		Repeat meas 1, turning the hands, palms facing down.
3		3 large steps R-L-R fwd, lowering R hand in front then bringing it to the R side, shoulder ht (cts 1-3); repeat with opp ftwk, lowering L hand in front then bringing it to the L side, shoulder ht (cts 4-6).
4		3 steps R-L-R fwd, lowering R hand in front across the body upper body, leaning to R (cts 1-3); repeat with opp ftwk, lowering L hand in front across the body, upper body leaning to L (cts 4-6).
5-8		Repeat meas 1-4.
	III.	FIGURE III.
1		Large step R across L, moving out of circle, bending knees (ct 1); 2 steps L-R, lowering R arm in front of the body with energy (cts 2-3); repeat with opp ftwk and direction and L arm (cts 4-6).

2 Repeat meas 1.

3-4 12 small steps, begin with R, knees bent, body low, arms curved in front, palms facing out. Make 2 full turns to L (CW) in place, slowly moving arms from low to high. End

facing CW.

5-8 Repeat meas 1-4.

> IV. FIGURE IV.

1 2 steps R-L-R fwd, turning upper body to R, bringing R wrist to forehead then lowering it (cts 1-3); repeat with opp ftwk, turning upper body to L, bringing L wrist to forehead then lowering it (cts 4-6).

2 3 steps R-L-R fwd, swinging arms fwd (cts 1-3); 3 steps L-R-L fwd, swinging arms back (cts 4-6).

3-8 Repeat meas 1-2 three times.

Sequence: Fig I, Fig II

Fig I, Fig II, Fig III, Fig IV

Fig I, Fig II, Fig I

Presented by Roberto Bagnoli

