

GEORGIAN MEN'S STEPS

- Music:** Any Lezghinka
- Rhythm:** 6/8 counted 1,&,&, 2,&,&   or  
- Styling:** The first and basic characteristic which marks the majority of dances from the Caucasus is the immobility of the body during the various movements of the arms and legs in every tempo. For men, the immobility of the body is particularly valued in those dances in which the faster the stationary sliding movements of the feet the more motionless the body must be. In couple dances, the wide sweep and fullness of the men's arm movements are intended to recall the majesty and pride of the soaring eagle, the powerful beat of the falcon's wings. In a number of dances the arms mark the rhythm, corresponding to the pattern of the dance. However, depending on the character and content of the dance, the arm movement may be abrupt and now and then angular, but always definite and expressive.
- There are many types of movements on the bent toes, the most important of which are standing, spinning, and jumping on the toes of one or both feet with the feet astride or crossed.
- Turns vary between the easy flowing turn to the abrupt, storming whirling of the body either on one foot or on one or both knees.
- Women's dancing is characterized by a naturalness, simplicity, and ease of movement, hinting at an inner temperament hidden by external reserve. When dancing with a man, the woman never openly tries to attract her partner's attention, as if she did not wish to be noticed by him. While not expressing coldness or external indifference, she is reserved in noticing his expression of tender feelings. During the dance, her features maintain an expression of demureness, self-respect, and awareness of her beauty and irresistibility, and with those a challenge and light mockery of the least clumsiness on the part of the man.
- Steps:**
- I. CHUG STEP
Step fwd on R (ct 1)
Chug fwd slightly on R (ct 2), lifting L knee nearly horizontal with ft perpendicular or pulled back twd R thigh
Repeat on opposite foot (measure 2)
 - II. CHUG VARIATION
Three steps fwd R,L,R (cts 1,2, 1)
Chug fwd slightly on R (ct 2), lifting L knee as with single chug step. Arms are held with R crossed in front at waist, L arm crossed in back at waist,

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GEORGIAN MEN'S STEPS (continued)

alternating to L crossed in front and R crossed in back, either once in each two measures or three times in each two measures.

Repeat on opposite foot.

III. LEZGHIN STEP

Three small steps done in 6/8 rhythm as follows:

Step on R (ct 1), hold (ct &), step on L (ct &)

Step on R (ct 2), extending L ft fwd (cts &,&)

Repeat on opposite foot

This step may be done moving fwd, moving bkwd, in place, or turning in place.

IV. HEEL-HOPS

Leap on R, bending R knee (ct 1), extending L heel sharply twd floor

Hop on R, straightening knee sharply (ct 2), lifting L ft under body and bending L knee

Repeat on opposite foot.

V. TWISTING STEP

Facing to R, step on R slightly bkwd and behind L (ct 1)

Step on L in place (in front of R) (ct 2)

Step on R again behind L (ct 1)

Half-pirouette on R to face to L, bringing L ft up and around in an arc to end behind R (ct 2). This step is executed very sharply and quickly, resulting in a twist-like turn.

Repeat starting with L facing to L.

VI. ATTITUDE COMBINATION

1 Step fwd on L (ct 1), step fwd on R with plie (ct 2)

2 Rise on R toe, straightening knee (ct 1), L leg bent and lifted in back of R leg

Chug slightly on R, bending R knee in plie (ct 2)

During measures 1-2, the arms start straight down with hands slightly behind hips (ct 1); then they are brought around and up and wrists rotated around each other in front of face (ct 2); then they are extended into Gasure position (modified) with R arm high, L arm extended to L, loose fists formed and bent at wrists (cts 1,2)

3-4 4 small steps moving back to place (cts 1,2,1,2), arms coming back to original position.

Variation: The 4 steps in measures 3-4 may be done with a full turn in place.

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GEORGIAN MEN'S STEPS (concluded)VII. ATTITUDE ROTATION

- 1-2 Same as Attitude Combination, measures 1-2
 3 Step back on L, turning one-quarter to R (ct 1)
 Step fwd on R, facing R (ct 2)
 4 Same as Attitude Combination, measure 2
 5-6 Repeat measures 3-4, turning one-quarter more to R
 7-8 Repeat measures 3-4, turning one-quarter more to R

VIII. ALTERNATING KNEES

- Fall on L knee, keeping R ft on floor, extending L ft bkwd with toe down flat on floor (ct 1)
 Switch position, so that L ft is on floor, R knee touching floor with R ft extended behind toe down (ct 2)
 Repeat measure 1, ct 2, reversing knees

Note: this step is done with a slight side to side motion on each count.

IX. KNEE TURNS

- Fall on L knee as in Alternating Knees step, ct 1
 Pivot around on L knee, bringing R knee around and onto floor, ending on R knee with L ft on floor (ct 2)
 Repeat turning to R on R knee, ending on L knee (cts 1,2)

This step may be done in place or moving around on floor ("continuous" knee turns).

X. KNEE FALLS

- Jump into squat position, knees together (ct 1)
 Fall onto both knees in place (ct 2)
 Jump up again into squat position, knees together (ct 1)
 Jump into standing position (ct 2)

XI. KNEE TOURS

- (Caution: this step can injure the knees)
 Jump into squat position knees together (ct 1)
 Fall onto both knees in place (ct 2)
 Jump into air, keeping knees bent underneath body (ct 1)
 Land on both knees (ct 2)

Presented by Graham Hempel