

Gülbeyaz

(Black Sea)

Pronunciation: gool ba jaoz

Music: Teaching cd #5

Formation: Semi-circle, arms down, elbows bent and hold hands.

METER: 4/4

PATTERN

Counts

INTRODUCTION: 4 turns of the melody, start with the melody

FIG. 1

- 1 Step on R to diagonally Rt, bounce knees
- 2 Step on L next to R, bounce knees
- 3 Repeat ct.1
- 4 Repeat ct.2
- 5 Small leap on R to diag. Rt, lift L slightly up
- 6 Step on L in place, bounce knees
- 7 Step on R in place, bounce knees
- 8 Touch L heel in place, bounce knees
- 9 Step on L in place, bounce knees
- 10 Touch R heel in place, bounce knees
- 11 Step on R fwd, bounce knees
- 12 Lift L from the side with a little kick to Lt, bounce knees
- 13 Step on L fwd, bounce knees
- 14 Touch R heel in place, bounce knees
- 15 Step back R, bounce knees
- 16 Step back L, bounce knees

FIG. 2

- 1-7 exactly the same as on Fig.1 - cts 1 to 7
- 8 Lift L up pump it down, bounce knees
- 9 Step on L in place, bounce knees
- 10 Touch R heel in place, bounce knees
- 11 Step on R fwd, bounce knees
- 12 Lift L from the side with a little kick to Lt, bounce knees
- 13 Step on L fwd, bounce knees
- 14 Touch R heel in place, bounce knees
- 15 Step back R, bounce knees
- 16 Step back L, bounce knees

Alternate Fig.1 and Fig.2 on singing parts and do only Fig.1 when it is instrumental