

ÍSTE HENDEK

(Turkey)

Íste Hendek (EESH-teh HEN-dek) is a dance from eastern Turkey and was learned by Bora Özkok from the University of Istanbul Ethnic Dancers in 1970. This dance was introduced to the Folk Dance Federation at the 1972 San Diego State University Folk Dance Conference by Bora Özkok.

MUSIC: Record: BOZ-OK 101, S 1, B 1 2/4 meter.

FORMATION: Mixed lines, hands clenched, arms straight down at sides, bodies touching. Short lines (no more than ten dancers).

STEPS AND STYLING: Walk, hop, Bounce: Raise heels off floor, wt on balls of ft (upbeat, ct ah); lower heels to floor (ct 2). Repeat action (ct ah, &). Chug.

The leader calls the steps, usually in order. Each line should be very tight and straight so that it can move as a single unit. With hands clenched, tight and down, everyone should apply pressure to his own hands, against his own body at all times in order to retain close body contact.

MUSIC 2/4

PATTERN

Measures

I. BIR (Beer)

- 1 Face and move in LOD: Step R (ct 1); step L (ct 2); pivot on L to face ctr (ct &).
- 2 Step fwd on R (ct 1); bend L knee and place L ft behind R calf while bending body bkwd and up sharply (ct 2).
- 3 Still facing ctr, but moving bkwd with small steps, step L (ct 1); step R (ct 2).
- 4 Step L beside R, bend knees and lean body bkwd (ct 1); straighten and bounce quickly on both ft (cts 2, &).

II. IKY (Icky)

- 1 Repeat action of Fig I, meas 1.
- 2 Hopping twice on L, swing a stiff R leg in front of L to finish facing ctr (cts 1, &); step on R (ct 2); bend L knee and place L ft behind R calf while bending body bkwd and up sharply (ct &).
- 3-4 Repeat action of Fig I, meas 3-4.

ÍSTE HENDEK (continued)

III. UC (Uch)

- 1 Repeat action of Fig I, meas 1.
- 2 Step fwd on R (ct 1); bend body slightly fwd and chug bkwd on R ft, bend and lift L leg slightly bkwd (ct 2).
- 3-4 Repeat action of Fig I, meas 3-4.

IV. DORT (Dirt)

- 1 Repeat action of Fig I, meas 1.
- 2 Hopping twice on L ft, swing a stiff R leg in front of L to finish facing ctr (cts 1, &); step on R (ct 2); bend body slightly fwd and chug bkwd on R, bend and lift L leg slightly bkwd (ct &).
- 3-4 Repeat action of Fig I, meas 3-4.