

## LAZ BAR #1

The Moslem Laz are one of the few widely accepted, non-Turkic minorities in Turkey today. Ethnically and linguistically, they are most closely related to the Kartvelians (Georgians), and live along the coasts of Trebizond on the Black Sea, and in the adjacent Pontic Mountains. Their dances are closely related to those of the neighboring Pontic Greeks. Although this area is not part of Historic Armenia, there has always been a sizable Armenian community living there for millennia. The Armenian king Tigran II (95-55 BC) married Cleopatra, daughter of Mithradates Eupator of Pontus, and established close ties which have persisted until now. The Armenians from that area danced with the same intense body shimmies and quick nervous movements exhibited by the Laz, and had adopted and developed many similar dances. The original survivors are gone now, or are too old to dance. These dances still remain to some degree, however, and are done by the present generation of Armenian-Americans. The intense Laz style has been lost, but the dances are still recognizable as being "LAZ BARS".

Source: We learned this dance from international folk dancers in Boston, but have seen it done occasionally by Armenians. The dance was first introduced to international dancers by Frances Ajoian, the director of the Cilicia Dancers in Fresno, Calif. This group, during the fifties, performed many traditional village dances of Western Armenia, particularly from Yerzinga.

Music: Dance Armenian Side A-band #2,  
Or, any good 7/8 'Laz Bar' music.

Style: Erect, very loose carriage with knees slightly flexed. Arms must be completely relaxed in order to swing in the fast loose arcs of the Laz style.

Formation: Open circle dance in "Armenian hold" (little fingers are interlocked with hands held at shoulder height), but closer to the shoulder than is usual. Leader is at right end of line.

<u>Meas.</u>	<u>Ct.</u>	<u>Movement</u>
1	1&2	Facing center, step RLR in place with relaxed flex of knees (cts 1 & 2).
2	3&4	Step LRL in place (cts 3 & 4).
3	5&6	Step RLR in place (cts 5 & 6).
4	7&8	Step LRL in place (cts 7 & 8).
5.	9&10	Step forward R (ct 9). Step L beside R (ct &). Step R beside L (ct 10).
6	11&12	Step backward L (ct 11). Step R beside L (ct &). Step L beside R (ct 12).
7,8	13-16	Traveling towards right, step R to right as body leans backward slightly (ct 13). Step L in front of R as body leans slightly forward (ct 14). Repeat (cts 15-16).

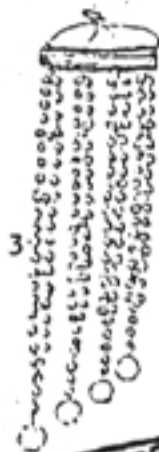
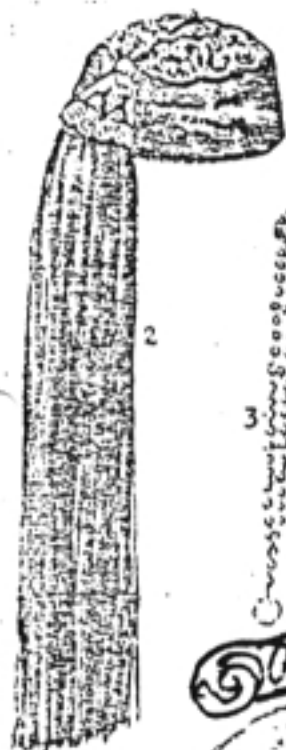
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**Variation:** Same dance as above, but with accompanying arm movements. To execute this arm swing correctly, arms must be held closer to the body, with elbows kept down at sides.

Arms swing down on cts 11 & 12, 14, 16.

Arms swing up on cts 1-10, 13, 15.

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Աղանիկ. հայ կնոջ տարազ. 19-րդ դ.  
Եկ. Յ. Գրիգորյան  
Костюм армянки из Ахалцыха, XIX в.  
Нуд. Ф. Григорян  
Akhalizkha. Woman's Costume. 19th century.  
Painted by F. Grigorian.

