

# Men Gülem

Northeast (Azeri)

Pronunciation: Man guu lam

Music: Teaching cd #5

Formation: Semi-circle, arms free

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METER: 6/8

PATTERN

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Counts

**INTRO:** One complete turn of the melody

**FIG. 1**

Facing LOD. R arm is up bent from elbow and L arm is down, open to 45 degree, change arm position to opposite on ct 4

- 1 Step on R to diagonally Rt.
- 2 Step on L in front of R.
- 3 Step on R to diag. Rt.
- 4 Lift L up and change body position to diag. Lt.
- 5 Step on L to diagonally Lt.
- 6 Step on R in front of L.
- 7 Step on L to diag. Lt.
- 8 Lift R up and change body position to diag. Rt.

**FIG.2**

Facing ctr, arms down.

- 1 Jump on both fwd, R slightly in the front, push arms in the front from bent elbows to down
- 2 Hop on R back, move arms up to bent elbows position again
- 3 Jump on both fwd (repeat arms as in ct.1)
- 4 Hop on R back (repeat arms as in ct.2)
- 5 Repeat ct.1
- 6 Repeat ct.2
- 7 Repeat ct.3
- 8 Repeat ct.4

**FIG. 3**

Facing ctr. R arm is up above shoulder level, L arm is bent from the elbow on belly level, palm facing down.

- 1 Jump on both in place
- 2 Hop on R in place asnd kick L forward, turn body slightly to Lt.
- 3 Jump on both in place
- 4 Hop on L in place asnd kick R forward, turn body slightly to Rt.
- 5 Repeat ct.1
- 6 Repeat ct.2
- 7 Repeat ct.3
- 8 Repeat ct.4