

Men Gülem

(Azeri, Northeast Turkey)

Pronunciation: MEHN gyool-LEHM

CD: *Ahmet Lüleci Turkish Dances*, Band 8.

6/8 Meter

Formation: W only or mixed W and M. Two circles. If mixed, M on outside circle, facing and moving CW, W in the inside circle, facing and moving CCW. If dancers are all W, W may all face in the same direction, or some W will face CW alternating with W facing CCW. Arms free as indicated below.

Style: Danced on the balls of the feet.

Cts

Pattern

INTRODUCTION One time through the melody plus 8 drum beats.

FIGURE 1 – ZIG-ZAG

M's arm position: Begin with R arm bent in arc with fist over head, palm facing to the L; L arm is straight, parallel to the floor, fist palm down.

W's arm position: Begin with R arm bent, hand slightly lower than elbow and positioned below the chin, palm down, fingers open; L arm is slightly rounded, hand slightly lower than shoulder and trailing the body, palm down, fingers open.

- 1 Step fwd on R on diag R (ct 1); step fwd on L diag R (ct 2); step fwd on R diag R (ct 3); raise leg bkwd with bent knee and turn slightly to face L diag (ct 4). During the meas pass one person in the other circle on the diag.
M's arm movement: During cts 3-4, raise L arm overhead and turn fists to face R (ct 3); lower R arm and snap wrists sharply down to end in a pos reversed from the startling pos (ct 4).
W's arm movement: On cts 3-4, raise arms to head level, turn hands inward from wrists and begin lowering arms to the opp starting pos.
- 2 Repeat meas 1 with opp ftwk, moving on the L diag, again passing one person in the other circle. Arms reverse direction on ct 3-4 to return to beginning pos in meas 1.
- 3-8 Repeat meas 1-2 three more times (four total). On the last meas, both M and W turn slightly to face ctr, M slightly to the R of W. M bring fists to chest level with bent elbows, fists almost touching. W have hands open, palms facing.

FIGURE 2 – FACING CENTER

Arm pos and movements: Push hands down and out to sides, fingers splayed (ct 1); hands return to chest level, M with fists; W fingers open (ct 3); M twist wrists inward to fist down pos; W twist wrists inward to palm facing pos (ct 4).

- & Small anticipatory hop on L, raising R fwd.

Men Gülem – continued

- 1 Small rock fwd onto R with a flat ft, a slight rolling motion (ct 1); hop on R, lifting L behind (ct 2); small hop on R (ct &); rock back to place on ball L ft (ct 3); hop on L lifting R fwd (ct 4).
- 2-4 Repeat meas 1 three more times (four total). Last time through, at the last ct, arms move to the next pos.

FIGURE 3 – FACING CENTER

Arm pos and movements: Being with R arm above shldr level, L arm bent and hand is at belly level. W have palms in, finger splayed; M have palms out. On ct 3, only W twist R wrist to palm out pos and return to beginning pos on ct 1 of the next meas.

- 1 Jump onto both ft in place, knees together and bent (ct 1); turning slightly to L, hop on R in place, kicking L bkwd with bent knee (ct 2); facing ctr, jump onto both ft in place with knees together and bent (ct 3); turning body slightly to R, hop on L in place, kicking R bkwd with bent knee (ct 4).
- 2-4 Repeat meas 1 three more times (four total). On last beat of last meas, turn 1/4 to return to the starting pos.

Sequence: Dance is done three times as above, then Fig 1 is done only 3 times. Then:

W ending:

Face ctr and step on L fwd; arms open above head (ct 1); R next to L; arms closed so hands are nearly touching in front of chest (ct 2); step fwd on L (may drop onto R knee), arms once again open above head (ct 3); and hold that pos (ct 4).

M ending:

Face ctr and step on L fwd but slightly behind W, with arms and fists in closed pos at chest level (ct 1); spin-turn 360° CCW on R, in place, keeping arms in same pos (ct 2); step on L fwd with toe turned out and open arms high (ct 3); yell “Hey!” (ct 4).

Note: If W do *not* drop to one knee on ct 3, M may drop to R knee on ct 3 instead of remaining standing.

Presented by Ahmet Lüleci © 2003