

MEYROKE
(Turkey)

Origin: From Bitlis (Eastern Anatolia) Style: Halay

Pronunciation:

Music: Poçik 87, TA 001 Side B/3 4/4 meter

Formation: Line. Hands held by little fingers, arms bent up at elbows. Face diag R.

Meas

Pattern

FIG 1A
1 Touch L toe fwd, straighten arms out in front of body (ct 1); touch L toe behind, pulling arms back to orig pos (ct 2). Repeat cts 1,2 (cts 3,4)



 L L L L

FIG 1B Move diag fwd and R.
1 Quick step on L, diag fwd to R (ct 1); quick step on R, keeping behind L (ct &); step on L, diag fwd to R (ct 2); quick step on R, diag fwd to L (ct 3); quick step on L, keeping it behind R (ct &); step on R, diag fwd to L (ct 4).

*Arms make small circles in front of body.



 L R L R L R

FIG 1C Facing diag again (to the R).
1 Repeat Fig 1A, cts 1,2,3 (cts 1,2,3); step on L, lift R, face LOD, R arm straight, L arm in back (ct 4).



 L L L L

FIG 1D Facing LOD still, Fig moves R.
1½ Jump on both ft (ct 1); hop on R, lifting L (ct &); Leap onto L by crossing in front of R (ct 2); Repeat 2 more times exactly (cts 3,4,1,2).

FIG 1E (finish of Fig 1D)
½ Step back on R to face diag R again (ct 3); bring L toe to R instep, bringing arms up to orig pos as in starting Fig 1.


 RL R L RL R L /RL R L R L

MEYROKE (cont'd)

- 1 FIG 2A Ftwk same as Fig 1A
Clap (ct 1); arms open wide, R up, L down (ct 2);
clap (ct 3); arms open as in ct 2 (ct 4).
- 1 FIG 2B Ftwk same as Fig 1B
Arms straight out in front of body. Clap on cts 1,3.
- 1 FIG 2C
Repeat Fig 2A, cts 1,2,3 (cts 1,2,3); frwk same as
Fig 1C but now place hands on hips (ct 4). Make a
large circle with R arm before doing so.
- 2 FIG 2D Same as Fig 1D but with hands on hips.
*To finish Fig 2D step back on R to face diag R (ct 3);
bring L toe to R instep and open arms to clapping pos,
R up, L down (ct 4).
- 1 FIG 3A Same as Fig 1A, join little fingers
- 1 FIG 3B Same as Fig 1B. When doing R,L,R (cts 3,&,4),
on the last R, turn hard to face LOD
- 1 FIG 3C Arms are the same as in 1D
Squat onto both ft (ct 1); jump up touching L toe in
front (ct 2); squat (on both ft) (ct 3); jump up onto
R lifting L.
- 2 FIG 3D Same as Fig 1D
*To finish Fig 3D jump onto both ft and face fwd (or
ctr) (ct 1); lift L in a circular motion, then arms
raise in same circular motion (ct &); set L beside R,
arms straight down, say "HEY" (ct 2).

*Listen for one complete round of the music and then begin dancing.
Do each Figure 4 times.

Original notes by Ahmet Lüleci
Edited to fit syllabus format

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