

Presented by Ron Wixman

SEPASTIA BAR

Armenia

Pronounced "Seh-PAHS-tee-ah Bahr"

This is an Armenian line dance from the Lake Van region. Learned by Ron Wixman and Steve Glaser from Richard Kassabian, director of the Armenian Folk Dance Society of New York.

RECORD: FOLKRAFT 1529, EXPRESS X- 107-B

FORMATION: Open circle, little fingers joined at shoulder height, M and W alternating. The leader can change figures by saying "Tsertsegetsek", to drop hands, and "Tserponetsek" to join hands.

STYLE: Steps are flat footed, arms do not bounce.

METER: 4/4

PATTERN

Meas PART A

1 Lean to R with slight dip (cts 1,2) lean to L with slight dip (cts 3-4)

2 Two-step to R starting R and turning to face ctr (cts 1,2) point L ft next to R ft. Foot should be flat on floor (cts 3-4)

3-4 Repeat meas 1-2 to the L, beginning with lean to L.

5 Repeat meas 2

6 Repeat meas 2 to the L, beg L.

7 Point R ft next to L ft, flat on floor (cts 1,2) move R ft slightly fwd on each ct (cts 3-4)

8 Repeat meas 1

PART B

1 Two-step to the R beginning R. Bend head over and look down (cts 1,2) two-step to the R again, LRL, head still lowered (cts 3-4)

2 Repeat meas 2, PART A, lift head on the point.

3-4 Repeat meas 1-2, PART B to the L, with opp ftwk

5-8 Repeat meas 1-4

PART C- Ftwk is the same as in Part B

1 WOMAN: Turning CW, moving to the R, cross hands in front of face, palms in, L hand closest to face (cts 1,2) move crossed hands down (cts 3-4)

2 Bring hands up and uncross them (cts 1,2) clap hands in

Continued...

Sepastia Bar, Cont, Page 2

- front of face, looking back over the L shoulder at M (Ct 3)
Hold (ct 4)
- 3-4 Repeat meas 1-2 reversing ftwk and direction. W turns CCW and looks over R shoulder.
- 5-8 Repeat meas 1-4
- 1-2 MAN: M places fists on hips and moves to the R clapping on Meas 2, Ct 3.
- 3-4 Repeat meas 1-2 to the L
- 5-8 Repeat meas 1-4