

# SEPASTIA BAR

## SEPO Armenia

Learned by Tom Bozigian at the various Armenian youth social gatherings in Los Angeles, Calif., during the mid-1960's. The dance has other variations taught by Tom in the early 1960's which he learned from Armenian immigrants from Sepastia, Ancient Western Armenia, which since 1920 has been occupied by Turkey.

RECORD: "Songs and Dances of the Armenian People," GT 3001-LP  
Side 1, Band 4.

FORMATION: Line dance with leader at R, little fingers grasped at shldr level.

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METER: 2/4 and 6/8                      PATTERN

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Meas.

INTRODUCTION: 4 meas.

### 2/4 RHYTHM

- 1 Facing diag LOD, touch L heel on floor across R with slight plie (ct 1), slight hop on R in place to face ctr as L raises in front and across R (ct 2).
- 2 Turning to face diag RLOD, step L to L (ct 1), slight hop on L as R lifts behind (ct 2).
- 3-4 Repeat meas 1-2 with opp ftwk and direction.
- 5-8 Repeat meas 1-4, one more time.
- 9 Moving R, do a two-step starting L, hands come down to side (cts 1,&,2).
- 10 Step R to R as hands are raised to orig pos (ct 1), slight hop on R as L lifts behind R (ct 2).

### VARIATION OF 2/4 RHYTHM

- 1 Facing diag LOD, small hop on R in place as L heel lifts behind R (ct 1), small hop on R in place as L heel touches floor ahead of R (ct 2).
- 2 Pivot on R to face ctr, as L knee raises in front at waist level, L ft crossing and fwd of R (ct 1), turn to face RLOD, step fwd on L leaving R in place (ct 2).
- 3-4 Repeat meas 1-2, with opp ftwk and direction.
- 5-8 Repeat meas 1-4.
- 9 Hop on R in place as L lifts behind R (ct 1), moving LOD step fwd on L, as hands lower to sides (ct 2), close R to L (ct &).
- 10 Step fwd L as hands raise to orig pos (ct 1), step fwd on R (ct 2).

### 6/8 RHYTHM (counted cts 1-2)

- 1 Releasing little finger hold, touch L across R with plie as hands clap at waist level (ct 1), turning to face ctr hop on R in place as L raises in front and across R - R hand is placed on waist with fingers fwd and L hand (palm away) is raised high over head (ct 2).

*Continued...*

- 2 With hands remaining in same pos, in place jump on both ft with plie in diag RLOD (ct 1), leap on L in place as R heel lifts behind (ct 2).  
NOTE: Steps of meas 1-2 are same as steps described at beg. of dance (2/4 rhythm), but with stronger hops and more aggressive movements.
- 3-4 Repeat meas 1-2, but with opp ftwk and arm movement, and body direction
- 5-8 Repeat meas 1-4, one more time
- 9 Moving R, do 1 running two-step in slight plie, start L. Hands clap at waist level each time L steps (cts 1,&,2).
- 10 Skip off L to R as arms swing fwd and bk (ct 1), hop R in place as L heel lifts behind and arms swing further back (ct 2).

VARIATION No. 1, 6/8 RHYTHM

Optional small Armenian "Kertsee" as in Wedding Dance from Kafan may be executed at meas 2,4,6,8 in place: Leap on both ft (ct 1), leap R fwd as L heel lifts behind (ct &), leap L fwd as R heel lifts behind (ct 2).

VARIATION No 2, 6/8 RHYTHM

Optional small scissors step may be executed at meas 2,4,6,8 in place: In place leap on L kicking R leg fwd and just off floor with toe pointed (ct 1), leap on R in place kicking L leg fwd and just off floor with toe pointed (ct &), leap on L as R heel lifts behind (ct 2).

Presented by Tom Bozigian

Folk Dance Federation of California, South  
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