

SIRDES - MY HEART
(Armenia)

PRONUNCIATION: SEER-duhs

SOURCE: Armenian Youth Organizations in Los Angeles. This dance, under the name "Armenian Misirlou" was taught at University of Pacific Folk Dance Camp, 1961, by John Filcich who learned it from Frances Ajoian.

MUSIC: X106-A Express. 4/4 meter.

FORMATION: Open, mixed circle with little finger hold at shoulder height.

Meas

PATTERN

- 1 Facing ctr, touch L across R (cts 1,2); touch L to L (cts 3,4).
- 2 Repeat meas 1.
- 3 Step L over R (cts 1-2); cross R over L (cts 3-4).
- 4 Cross L over R (ct 1); step R to R (ct 2); step L behind R (ct 3); step R to R (ct 4).

Note: Dance begins where musical phrase begins.

Presented by Tom Bozigian