



BAR

Although literally BAR refers to any circle dance, it is ordinarily used for this, the oldest and most popular of all Armenian dances. The BAR is the "national dance", in that it is the only dance common to all Armenians in Armenia and the diaspora. The basic pattern of "3 and 1" is related to many ancient dances of the Balkans and the Near East.

Source: Armenian community of Watertown, Mass.

Music: Virtually any dance melody in 2/4 tempo.

Style: Steps should be small and restrained, with a relaxed, erect carriage.

Formation: Open circle dance in "Armenian hold" (little fingers are interlocked with hands held at shoulder height). Leader at right end often flourishes a handkerchief loosely "Armenian style".

<u>Meas.</u>	<u>Cts.</u>	<u>Movements</u>
		<u>Basic BAR</u>
1	1-2	Facing slightly to the right, step R to right (ct 1). Step L over R (ct 2).
2	3-4	Step R to right (ct 3). Point left toe in front (towards center of circle) (ct 4).
3	5-6	Step L beside R (ct 5). Point right toe in front (ct 6).
		<u>CLAP</u>
1-3	1-6	Steps are same as in BASIC BAR. Clap on each count.

note: Clapping as one dances the BAR is frequently seen at parties. After dancing the basic BAR for a time, the leader will often begin clapping which the rest of the line emulates. As the line claps the leader (a male) will select a woman from the line to solo dance with him. The line will continue to clap in encouragement as it circles the couple.