

1969 SAN DIEGO STATE COLLEGE FOLK DANCE CONFERENCE

Presented by: Vilma Matchette

BAHR (THREE-AND-ONE)  
Armenia

The Three-and-One or 3-and-1 is probably the most common Armenian Bahr. Its structure is basically three simple steps to the R and one to the L, a dance form common in the Balkans and the Near-East. This Bahr was learned by Vilma Matchette from the San Francisco Armenian Community.

MUSIC: Record (LP): THE SEVENTH VEIL, KL-1090, Side 1, Band 6,  
"Dance Rhythms"

FORMATION: Open circle of mixed men and women, leader at the R end, hands joined by interlocked little fingers and held at shoulder height.

STEPS AND STYLING: There is no set order to the variations -- they are listed only by type for ease in reconstruction -- which are done at the discretion of the leader.

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MUSIC: 2/4

PATTERN

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Measures

1-2 INTRODUCTION: No action.

BASIC DANCE

1 Step R to R (ct 1),  
Step L across in front of R (ct 2).

2 Step R to R (ct 1),  
Close L instep to R toe (ct 2).

3 Step L slightly to L (ct 1),  
Close R instep to L toe (ct 2).

Repeat basic dance from beginning.

(Cont'd)

Bahr (Three-and-One)(Cont'd)

VARIATION I (Hands Dn-Up)

- 1 As basic dance is done, Hands go down (ct 1),  
Hands continue back then fwd (ct 2),
- 2 Hands go up and return to shoulder height (ct 1)...

VARIATION Ia (Bend Fwd)

- 1 As basic dance is done and hands are in action as in  
Variation I, Body bends fwd at hips (ct 1),  
Body reaches horizontal pos and begins to return (ct 2),
- 2 Body returns to upright pos (ct 1)...

VARIATION II (Leader Turns)

- 1 The leader only, releasing finger hold, turns one full  
turn CW stepping R,L on (cts 1-2). (Rejoin little fingers  
on next ct.)

VARIATION IIa (All Turn)

- 1..... If leader does a turn on meas 1 of two successive figures,  
The entire line then turns during each following figure  
until leader changes to new figure.

VARIATION IIb (Sequential Turn)

- 1..... Leader may do a turn followed by a squeeze of little  
finger signalling next dancer to turn individually. The  
second dancer signals the third dancer following his  
turn. The third dancer turns by himself and signals the  
fourth, and so on down the line until all dancers have  
turned once each.

VARIATION IIc (Var IIb and Var I Combination)

- 1..... As fourth or fifth dancer makes individual turn as  
described in Variation IIb, the leader begins to do  
Variation I or Hands Down and Up. On the next dancer's  
turn, the second dancer does Variation I, and so on with  
Variation I accumulating (all previous dancers continue  
to do Variation I until all are doing it) until leader  
changes to another variation.