



Fall Folk Dance Camp

Nov. 11-13, 2022

Notes for Dances

Presented by

Roberto Bagnoli

Ahmet Lüleci

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AMAN, AMAN

(Romania, Aroman)

Dance by Daniel Sandu, to folk song sung by [Elisa Scupra](#). Dance style from the Aroman ethnic minority in Romania.

Music: Ethnic Festival 2022 - Roberto Bagnoli
Rhythm: 2/4
Formation: Mixed lines, facing ctr, holding hands in W pos, forearms parallel to the ground

Measure	Description
1-8	Introduction. No action.
	1. Figure 1
1	Step R (1) to R, lift L in front of R (2)
2	Repeat pattern of meas 1 with opposite footwork
3	Sway R (1), Sway L (2)
4	Repeat pattern of meas 1
5-8	Repeat pattern of meas 1-4 with opposite footwork
	2. Figure 2
1	Step R, L (1, 2), diagonally R to R
2	Step R forward (1), touch L next to R (2), while turning to face center
3	Repeat pattern of meas 1 with opposite footwork and direction, moving backwards out of center
4	Sway L (1) to L, leap on R to R (2), step L across in front of R (&)
5-16	Repeat pattern of meas 1-4 three more times
	3. Figure 3 (without holding hands)
1	Facing in, Step RLR (1&2) forward to center, hands and forearms in front of the body, right hand in front
2	Repeat pattern of meas 1 with opposite footwork (switching left hand in front)
3	Step backward on R, clapping hands in front (1), bounce on R, lifting L slightly in front (&), Step backward on L, clapping hands in front (2), bounce on L, lifting R slightly in front (&)
4	Repeat pattern of meas 3
5-16	Repeat pattern of meas 1-4 three more times

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Lyrics

Ore catu nji-angreacă inima
Sh-suflitu nji-asti amar
Mi bag somnul nu mi ia
Nu stiu laia tsi s-adar
Ore catu nji-angreacă inima
Sh-suflitu nji-asti amar
Mi bag somnul nu mi ia
Nu stiu laia tsi s-adar

Aman aman inima
Câti tradzi mârata
Aman lăi Doamne inima
Tsi lai fooc ardi tu ea
Aman aman inima
Câti tradzi mârata
Aman aman inima
Tsi lai fooc ardi tu ea

Ore inimă tsi mi hivreshtsă
Truplu -a meu... vrei sa- l tucheshtsă
Vrearea nu- nji da arahati
Tut greul-tu tini bati
Ore inimă tsi mi hivreshtsa
Truplu-a meu ... vrei să-l tucheshtsă
Vrearea nu-nji da arahati
Tut greul- tu tini bati

Aman aman inima
Câti tradzi mârata.....

Aman aman inima
Câti tradzi mârata
Amaaaaaaaninima
Tsi lai fooc ardi tu ea
Aman aman inima
Câti tradzi mârata
Aman lăi Doamne inima
Tsi lai fooc ardi tu ea
Aman aman inima
Câti tradzi mârata
Aman aman inima
Tsi lai fooc ardi tu ea

BAGIYE

(Kurdistan)

Dance in kurdish style.

Music: Ethnic Festival 2022 - Roberto Bagnoli
Rhythm: 2/4
Formation: Mixed lines, facing LOD, holding hands in 'debka' pos, L hand behind the back, R hand straight in front

Measure	Description
1-8	Introduction. No action.
	1. Figure 1
1	Step R-L-R fwd (1&2), slightly diagonal R going to the outside of the circle
2	Step L-R-L fwd (1&2), slightly diagonal L going inside the circle
3	Rock on R out of the center (1), Rock back on L, turning to face center (2)
4	Facing center, Step R-L-R fwd (1&2)
5	Stamp L forward (1), Step L backwards (2), bounce on L (&)
6	Step R backwards (1), bounce on R (&), Step L backwards L (2), bounce on L (&)
	2. Variation 1
1-2	Repeat pattern of meas 1-2 of Figure 1
3	With the upper body facing out of center stamp twice R (1-2)
4-7	Repeat pattern of meas 3-6 of Figure 1

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BRANLE GAI ALSACIEN

(France)

Dance from Alsace by Danyèle Besserer.

Music: CD: Ethnic Festival 2019 - Roberto Bagnoli
Rhythm: 9/8 counted as 1 - 2 - 3
Formation: Short lines (5 up to 9 dancers), holding hands in V pos

Measure	Description
1-2	Introduction. No action.
1	1. Figure 1 Step together step L-R-L to L (1&2), Step R across in front of L
2-8	Repeat meas 1 seven more times (8 times total). At the end everybody release hands dancer #1 (at the L of line) turns $\frac{1}{4}$ R to face all the other dancers (they turn $\frac{1}{4}$ L)
1-8	2. Figure 2 Dancer #1 starts a grand chain giving R hand to dancer #2 (and L hand to dancer #3 and so on); when a dancer reach the L end of the chain turns back and starts again the chain with R hand.

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CANIM BENIM

(Israel)

My soul, dance made by Roberto Bagnoli to the song by the group Light in Babylon.

Music: CD: Ethnic Journey 2019 - Roberto Bagnoli

Rhythm: 7/8: counted as 1-2-3 (SQQ)

Formation: Circle, facing ctr, without holding hands

Measure	Description
1-24	Introduction. No action.
	1. Figure 1
1	Slight rising on L, step R to R(1), step with L across behind R, step R to R, while making ½ turn to R ending facing out(2, 3).
2	Repeat meas 1 with opp ftwk & dir to face in again.
3	Facing ctr, sway R to R (1), step L in in place (&), close R next to L, with weight (2-3).
4	Repeat meas 3 with opp ftwk.
5	Step R to R (1); touch L heel fwd (2), step L in front of R (3).
6	Repeat meas 5.
7	Bouncing on L, touch R to R (1), bounce on L lifting R in front of L (2-3)
8	Bouncing on L, touch R to R (1), bounce on L lifting R behind L (2-3)
9	Step on R to R (1), step on L across behind R (2); small step on R to R (3)
10	Step on L across in front of R, body facing slightly diag to R (1), Step on R to R (2), Step on L across in front of R (3)
11	Step R fwd diag R (1); rock on L in front (2), rock on R back (3).
12	Step L bkwd diag L (1); rock on R back (2), rock on L in front (3).
13	Step R to R (1); hop twice on R, making a full turn to R (2, 3).
14	Step with L-R-L to R (1-&-23)
15-16	Repeat meas 7-8
	2. Figure 2
1	Facing ctr, step with R-L-R fwd (1-&-23)
2	Step with L-R-L fwd (1-&-23)
3-4	Stepping on R heel in place and back on L for 4 times, make a ¼ turn to L, ending with R shoulder to ctr
5-6	Repeat meas 1-2 moving RLOD
7-8	Repeat meas 3-4 ending back to ctr
9-10	Repeat meas 1-2 moving outside
11-12	Repeat meas 3-4 ending L shoulder to ctr
13-14	Repeat meas 1-2 moving LOD
15	Turning to face ctr, step R to R (1); lean to R shaking shoulders (2-3)
16	Sway L to L (1), lean to L shaking shoulder

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3. Figure 3

- 1 Jump on both feet, bending knees (1); hop on R bringing L in front (2), step L across in front of R (3), moving diag R into ctr.
- 2 Slight rising on L, touch R heel to R (1); touch R heel fwd (2); step R across in front of L (3), moving diag L into ctr.
- 3-4 Repeat meas 1-2 with opp ftwk and dir, still moving fwd
- 5 Jump on both feet, bending knees, bringing R foot and R shoulder to (1); hop twice on R, making a full turn to L in place (2, 3), ending facing ctr
- 6 Rock on L fwd (1); rock on R back (2); rock on L fwd (3).
- 7 Step R fwd (1); pivot on L in place, turning ½ LL to face out (2-3).
- 8 Close R next to L (1); pause, clapping hands twice (2-3).
- 9-16 Repeat meas 1-8 facng out

CÂNTĂ CUCU'N BUCOVINA

(Romania)

Dance by Daniel Sandu, to a famous folk song (sung [here by Grigore Leșe](#)). "The Cuckoo sings in Bucovina" is a traditional Romanian folk song, written in 1904, to commemorate 400 years from the death of Stefan the Great, the most iconic Moldavian king. The original musical theme and lyrics were composed by Constantin Mandicevschi. The songs' melancholic yet lyrical musical theme is focused on the tragedy of war while evoking the heroes which protect their homeland.

Music: Ethnic Festival 2022 - Roberto Bagnoli
Rhythm: 2/4
Formation: Mixed closed circle, facing LOD, holding hands in W pos

Measure	Description
1-16	Introduction. No action.
	1. Figure 1
1	Step R, L (1, 2), in LOD
2	Step RLR (1&2) forward in LOD
3-4	Repeat pattern of meas 1-2 with opposite footwork
5	Step R (1) while turning to face center, close L next to R (2), while swinging arms down
6	Step L to L (1), close R next to L (2), swinging arms up
7-12	Repeat pattern of meas 1-6
	2. Figure 2
1	Facing in, Step on R, L forward to center (1-2)
2	Step R forward (1), touch L next to R (2)
3-4	Repeat pattern of meas 1-2 with opposite footwork and direction, moving backwards out of center
5	Sway R (1), Sway L (2)
6	Step R across in front of L (1), Step L to L (2)
7-8	Repeat pattern of meas 6 two more times
9-16	Repeat pattern of meas 1-8

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Lyrics

Canta cucu bata-l vina
De rasuna Bucovina!!
Canta cucu bata-l vina
De rasuna Bucovina!!

Cuckoo be damned, its song
Echoes all over Bukovina!!
Cuckoo be damned, its song
Echoes all over Bukovina!!

Canta cucu-n tru-n bradut
De rasuna Cernauti!!

The Cuckoo is singing atop a fir tree,
It echoes all over Chernivtsi!!

Bucovină, plai cu flori,
Unde sunt ai tăi feciori?
Bucovină, plai cu flori,
Unde sunt ai tăi feciori?

Bukovina, land of flowers,
Where are your sons?
Bukovina, land of flowers,
Where are your sons?

Au fost duși în altă țară
Dar se-ntorc la primăvară

They've been taken to another country
But they'll be back by Spring

Au fost duși în altă țară
Dar se-ntorc la primăvară
Au fost duși în altă țară
Dar se-ntorc la primăvară

They've been taken to another country
But they'll be back by Spring
They've been taken to another country
But they'll be back by Spring

Înapoi când or veni
Tot pe tine te-or iubi

When they will return
They will still love you

Munților cu creasta rară
Nu lăsați straja să piară!
Munților cu creasta rară
Nu lăsați straja să piară!

You scattered mountain range,
Don't lower your guard!
You scattered mountain range,
Don't lower your guard!

Că de piere Straja voastră,
A pierit și țara noastră,

If your watch shall come to pass,
Our country also will also die

KOŠAREVSKO HORO (КОШАРЕВСКО ХОРО)


(Bulgaria)

Dance from Šopluk region, taught by Anton Andonov to the folk song ‘Zapil mi se stoyan’ (*Stoyan got drunk*) di Zdravko Mandadzhev.

Music: Ethnic Festival 2022 - Roberto Bagnoli
Rhythm: 2/4
Formation: Mixed lines, facing LOD, holding hands in V pos

Measure	Description
1-4	Introduction. No action.
	1. Figure 1
1	Step on R, L (1, 2), in LOD
2	Repeat pattern of meas 1
3	Step on R (1), bounce on R (2), bending knees
4	Step on L (1), bounce on L (2), bending knees
5	Step on R (1) while turning to face center, bounce on R (2), lifting L in front
6	Step L to L (1), Step on R across in front of L (2)
7	Step L to L (1), bounce on L (2)
8	Sway R (1), Sway L (2)
9-10	Repeat pattern of meas 1-2, moving towards center, dancing on a curve to the L and then to the R
11-16	Repeat pattern of meas 3-8
17-20	Repeat pattern of meas 1-4 moving backwards out of center
21-24	Repeat pattern of meas 5-8
	2. Figure 2
1	Facing LOD, Hop on L (1), Step on R, L (&, 2) forward to R
2	Repeat pattern of meas 1
3	Step RLR (1&2) forward in LOD
4	Step LRL (1&2) forward in LOD
5	Jump on both feet together turning to face center (1). Hop on L (2) lifting R to side
6	Leap on R in place (1) lifting L to L side. Leap on L in place (2), lifting R to R side
7	Step on R across in front of L (1), bounce on R lifting L to L side (2)
8	Close L next to R (Hlopka), with a sharp movement (1), Chug, bending both knees (2)
9	Still facing center, Hop on L (1), stretching R to R side. Step on R to R (&). Step on L across in front of R (2)
10	Raise on L (1), touching R to R side. Step on R across in front of L (2)

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NB. Meas 11-12 present irregular note groups (Triplets) 

- 11 Step L to L (1), Step on R across behind L (2), Step L to L (3),
- 12 Step on R across in front of L (1). Step L to L (2). Step on R across behind L (3)
- 13-14 Repeat pattern of meas 7-8 of Fig. 1
- 15-20 Repeat pattern of meas 1-14

LAZARSKO HORO

(Bulgaria)

Bulgaria, Pirin. Dance made by Roberto Bagnoli on the melody by the group Zornitza. *Lazaruvane* is a traditional procession during the Orthodox feast of *Lazarus Saturday*, the day before Palm Sunday. Traditionally, a girl who has never participated in the ritual may not marry or be engaged. The ritual is performed by young girls (typically of age 16 who are unmarried), called *lazarki*. The girls decorate their hair richly and colourfully (usually with flower and ribbon wreaths) and dance around the village singing songs. They stop from house to house, performing songs and blessing the homes, accepting small presents and food from the hosts, typically the men. They meet by a river, where they drop their wreaths. It is said that the girl whose laurel first takes the lead will be married first.

Music: CD: Ethnic Journey 2018 - Roberto Bagnoli
Rhythm: 9/8 - 2 + 2 + 2 + 3 (Quick-quick-quick-slow) counted as 1-2-3-4&
Formation: Mixed line, facing LOD, holding hands in W pos

Measure	Description
1-4	Introduction. No action.
	1. Figure 1
1	Step on R to R (1), step on L across in front of R (2), step on R to R (3), hop on R bringing L up and backward (<i>ronde-de-jambe</i>) ending facing centre (4&)
2	Step back on L (1), step on R to R (2), step on L in place (3), rock on R forward across L (4), rock backward on L in place (&)
3	Step on R to R (1), hop on R lifting L knee in front (2), step on L across in front of R (3), step on R to R (4), leap on L across behind of R (&)
4	Repeat pattern of meas 3
	2. Figure 2
1-2	Repeat pattern of <i>Figure 1</i> , meas 1-2
3	Facing centre, step on R to R (1), lift L knee in front (2), hold (3), step on L to L (4), leap on R across in front of L (&)
4	Repeat pattern of meas 3 with opp foot and dir
5	Moving to the side, step on R to R (1) step on L across behind of R (2), step on R to R (3), close L next to R (4), hold (&)
6	Repeat pattern of meas 5 with opp foot and dir

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MOMA ODI ZA VODA

(Macedonia)

Macedonia. Dance by Sibylle Helmer.

Music: Ethnic Journey 2021 - Roberto Bagnoli
Rhythm: 9/8 - 2 + 2 + 2 + 3 (Quick-quick-quick-slow) counted as 1-2-3-4&
Formation: Mixed line, facing LOD, holding hands in W pos

Measure	Description
1-8	Introduction. No action.
	1. Figure 1
1	Step on R to R, L, R (1-3), in LOD, Step on ball of L, leap on R forward (4&)
2	Repeat pattern of meas 1 with opp foot
3-4	Repeat pattern of meas 1-2
5-6	Repeat pattern of meas 1-2, releasing hands and making a full turn to the outside, ending facing centre
7	Repeat pattern of meas 1, forward towards centre
8	Repeat pattern of meas 2, backing up from centre and lowering arms in V position
	2. Figure 2
1	Facing centre, hop twice on L, moving slightly R, R foot next L calf (1&2&), Step R to R, Step L in front of R (3&) Step R to R, Step L in front of R (4&)
2	Step R to R (1), hop on R bringing L up and backward (<i>ronde-de-jambe</i>) (2) Rock on L back, Rock on R in place (3&) Rock on L forward, Rock on R in place (4&)
3-4	Repeat pattern of meas 1-2 with opp foot and dir

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ROMSKI VEZ

(Macedonia)

Dance by Martin Ihns.

Music: Ethnic Festival 2022 - Roberto Bagnoli
Rhythm: 2/4
Formation: Mixed lines, facing ctr, holding hands high in W pos

Measure	Description
1-8	Introduction. No action.
	1. Figure 1
1	Moving sideways to R: step R to R (1), step L crossed behind R (2)
2	Step R to R (1), step on L crossed behind R (2), Step R to R (&)
3	Step L crossed in front of R (1), Step R to R (2), Step L crossed in front of R (&)
4	Step R to R (1), step L crossed in front of R (2)
5	Facing center, Step R to R (1), Rock on L crossed behind R (2), Rock on R in Front (&)
6	Step L to L (1), Step R crossed behind L (2)
7	Rock on L in front (1), Rock on R back (2), Step L next to R (&)
8	Step R in front R (1), Rock on L back (2)

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VALLE VAJZËS E KORÇËS

(Albania)

Dance from Korçë region, made by Fehmi Saqiri and taught by Martin Ihns.

Music: Ethnic Festival 2022 - Roberto Bagnoli
Rhythm: 11/8 (3-2-2-2-2) or (3-4-4) QSS 1, 2, 3
Formation: Mixed lines, facing center, holding hands high in V pos

Measure	Description
1-2	Introduction. No action.
3	Lifting on R, step on L to L (1-2). Step on R across behind of L (3)
4	Lifting on R, step on L to L (1-2). Bounce on L lifting R (3)
1. Figure 1	
1	Step on R to R (1). Lift on R, bringing L in front (2). Step on L across in front of R (3)
2	Touch R to R side, leg stretched (1). Hold (2-3)
3	Turning to L and bending upper body forward, step on R backwards in LOD (1). Step on L backwards (2). Step on R to R (3), turning to face center
4	Step on L across in front of R (1). Bounce on L (2), bringing R knee in front of L. Bounce on L bringing R knee to R (3)
5-8	Repeat pattern of meas 1-4
2. Figure 2	
1	Leap on R in place (1), stretching L in front. Bounce on R (2). Step on L in place, stretching R in front (3)
2	Repeat pattern of meas 1
3	Turning to L and bending upper body forward, step on R backwards in LOD (1). Step on L backwards (2). Step on R to R (3), turning to face center
4	Step on L across in front of R (1). Bounce on L (2), bringing R knee in front of L. Bounce on L bringing R knee to R (3)
5-8	Repeat pattern of meas 1-4
3. Figure 3	
1	Facing LOD, Leap on R forward (1), Step on L, R (2-3) forward to R
2	Raising on R, Step on L forward (&1), Hop on L in place, bringing R behind L calf (2). Step on R backwards, lifting L to L and start turning to L (3)
3	Hop on R in place (1), bringing L to L and keep turning to L. Hop on R in place, bringing L behind R (2). Step on L across behind R (3)
4	Step RLR (123) running forward in LOD
5-16	Repeat pattern of meas 2-4 four more times

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4. Figure 4

- 1 Facing center, Step on L in place (1). Hop on L in place (2), lifting R to R side and turning head to R. Step on R in place (3)
- 2 Repeat pattern of meas 1
- 3 Turning to R and bending upper body forward, step on L backwards in RLOD (1). Step on R backwards (2). Step on L to L (3), turning to face center
- 4 Step on R across in front of L (1). Bounce on R (2), bringing L knee in front of R. Bounce on R bringing L knee to L (3)
- 5-7 Repeat pattern of meas 1-3
- 8 Step on R across in front of L (1). Bounce on R (2), bringing L knee in front of R. Step on L in place (3)
- 9-12 Repeat pattern of meas 1-4 with opposite footwork and direction
- 13-16 Repeat pattern of meas 9-12

5. Ending

- 1-2 Repeat pattern of meas 1-2 of Fig. 4
- 3-4 Repeat pattern of meas 7-8 of Fig. 4
- 5-6 Repeat pattern of meas 1-2 of Fig. 4 with opposite footwork and direction
- 7 Repeat pattern of meas 7 of Fig. 4
- 8 Step on L across in front of R (1). bringing R knee in front of L. Hold (2-3)
- 9 Close R next to L (1). Hold (2-3)

Sequence of the dance Fig. 1 - Fig. 1 - Fig. 2 - Fig. 2
 Fig. 1 - Fig. 2 - Fig. 3 - Fig. 4
 Fig. 1 - Fig. 2 - Fig. 3 - Ending

XHAMADANI

(Shqipëria)

Dance in Arbëreshë style composed by Roberto Bagnoli to the song by Skanderband. The Arbëreshë are an ethnic and linguistic Albanian minority community living in southern Italy, mostly concentrated in scattered villages in the region of Calabria, but also with a few minor settlements in the regions of Apulia, Basilicata, Molise and Sicily. They are the descendants of mostly Tosk Albanian refugees who fled Albania between the 15th and 18th centuries as a result of the Ottoman Empire's invasion of the Balkans. The Arbëreshë speak *Arbëresh*, an old variant of Albanian spoken in southern Albania, known as Tosk Albanian.

A *xhamadani* is a traditional wool garment worn by Albanian men. It can be sleeved or sleeveless.

Music: Ethnic Festival 2022 - Roberto Bagnoli
Rhythm: 4/4
Formation: Mixed lines, facing LOD, holding hands high in W pos

Measure	Description
1-8	Introduction. No action.
	1. Figure 1
1	Facing slightly R of center, Step R in LOD (1), Step L across in front of R (2), Step R to R(3), Step L across in front of R (4).
2	Still facing slightly R of center, Step R to R (1), rock on L across in front of R (&), Rock back on R (2), Leap on L to L, facing center (3), lifting R behind L calf, Bounce on L, bringing R in front (4)
3-8	Repeat pattern of meas 1-2 three more times
	2. Figure 2
1	Facing slightly R of center, Step on R, L forward on diagonal R (1-2), Step R-L-R forward (3&4), starting to turn to the outside to R
2	Step forward with L-R-L (1&2) and R-L-R (3&4), completing the turn to R and ending facing center
3	Bouncing 3 times on R, bring L foot to the, to the side and back (1&2), Step R-L-R (3&4) in place
4	Repeat pattern of meas 3 with opposite footwork
5-8	Repeat pattern of meas 1-4 with opposite footwork and direction
	3. Figure 3
1	Bringing arms down in V pos, step forward toward center with R-L-R (1&2), Step backwards with L-R-L (3&4)
2	Step R to R (1), Step L across behind R (&), Step R to R (2), Repeat counts 1&2 with opposite footwork and direction (3&4)
3-4	Repeat pattern of meas 1-2

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- 5 Bringing arms up in W pos, Step R to R (1), Step L across in front of R (2),
Step back on R (3), Step back on L (4)
- 6 Bringing R hip in front, Rock on R in front, lifting L behind R calf (1), Rock
back onto L (2) Repeat counts 1-2 (3-4)
- 7-8 Repeat pattern of meas 5-6

4. Ending

- 1-3 Repeat action of Figure 3 meas 5-7
- 4 Facing center, Close R to L (1), Hold (2)
- 5-6 Repeat action of Figure 3 meas 1-2

Sequence of the dance Fig. 1 - Fig. 2 - Fig. 3 - Fig. 2
Fig. 1 - Fig. 2 - Fig. 3 - Fig. 2
Fig. 1 - Fig. 2 - Fig. 3 - Ending

Lyrics

Xhamadanin kuq si gjaku kuq si gjaku ta qendisa prej maraku	Your jacket is red like blood I sewed it for you out of my own desire
fije fije me gajtane me gajtane ojna ojna për sevda	lined with string designed with love
dil në der tet shikoj pak ta qendisa për marak sa ta shof si rrin ne shtat ajde djalo te rrim pak	come out to the door so i can see you i sewed it for you from 'cause i wanted to as soon as i see you stand tall come on boy let's sit together

AYDUR

(Northeast of Anatolia-Black Sea / Turkey – Ahmet Lüleci)

Pronunciation: AY door
Translation: It is the moon
Music: 7/8 meter *Aydur / CD #12 – Track*
Formation: Semi Circle, Face CTR, Hands on bent from elbows.

Pattern

INTRODUCTION *Two complete turn of the melody.*

Figure 1 (Face center, move to the Rt.)

Ct 1: Step on R to Rt.

Ct 2: Touch L next to R in place.

Ct 3: Step on L to Rt, crossing R.

Ct 4: Touch R next to L in place.

Ct 5: Repeat Ct 1

Ct 6: Repeat Ct 2

Ct 7: Repeat Ct 3

Ct 8: Repeat Ct 4

Ct 9: Step back on R

Ct 10: Step back on L

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ÇAL ZURNACI

(Eastern Anatolia, Turkey)

Choreography based on traditional movements.

Pronunciation:	Chaal Zoor naa gi
Translation:	çal = play / zurnaci = Zurna player - Play musician
Music:	4/4 meter
Formation:	Semi Circle, facing Center
Steps & Styling:	<i>It is a mix dance. Kurdish, Arabic and Israeli styling recommended</i>

Meas

4/4 meter

Pattern

1-4		<u>INTRODUCTION</u> 4 x 8 cts (4 complete turn of the melody)
	I.	<u>FIGURE I</u>
1-4		Facing CTR, Jump on both in place, clap hands in the front (ct 1); Hop on R to Rt, clap hands in the front (ct 2); Step on L behind R (ct 3); Step on R in place (ct 4); Repeat ct 1 to 4 but opposite direction with opposite footwork (ct 5 to 8); Step fwd on R facing center, clap hands (ct 9); Quick step on L fwd (ct &); Step fwd on R, clap hands (ct 10); Step fwd on L, clap hands (ct 11); Quick step on R fwd (ct &); Step fwd on L, Clap hands and swing arms down (ct 12); Step back on R, swing arms fwd (ct 13); Step back on L, swing arms back (ct 14); Step back on R, swing arms fwd (ct 15); Step back on L, swing arms back (ct 16).
		Repeat Meas 1 - 4 for 2 and a half time.

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	II.	<u>FIGURE II</u>
3-4		Facing Center, Step on R to Rt, bending knees down, arms down in V position (ct 1); Hop on R in place (ct 2); step on L crossing R (ct &); Repeat ct 1 and 2 (ct 3-4); Step on R fwd into the center, arms up in closed W position (ct 5); Quick step fwd on L (ct &); Step fwd on R (ct 6); Repeat cts 5 & 6 with opposite footwork, swing arms down on ct 8 (cts 7 & 8); Step back on R, swing arms fwd (ct 9); Step back on L, swing arms back (ct 10); Step back on R, swing arms fwd (ct 11); Step back on L, swing arms back (ct 12); Jump on Both in place (ct 13); Hop on L in place, lift R up (ct 14); Repeat 13 & 14 again (Cts 15 & 16).

Sequence:

<p>Introduction (no action) I - 2.1/2 Times II - 4 times</p>
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ERIK DALI

(Central Anatolia - Turkey – Ahmet Lüleci)

Pronunciation: A rick da la
Translation: Erik = Plum Dali=Branch
Music: 4/4 meter *Erik Dali / CD #12*
Formation: Circle, Face Center, Hands free, holding spoons.

Pattern

INTRODUCTION *12 counts*

PART ONE

Figure 1A (Face Center)

Ct 1: Step in the front on R, click spoons twice in chest level
Ct 2: Step on L in place, keep arms up in the chest level
Ct 3: Step on R back, keep arms up in the chest level
Ct 4: Step on L in place, keep arms up in the chest level
Ct 5 to 8: Repeat Ct 1 to 4

Figure 1B (Face Center)

Same as Figure 1 but this time make a full turn from left (Twice)

Figure 2 (Face Center)

Ct 1: Step on R to Rt, Arms up in chest level
Ct &: Step on L to Rt, keep arms up in the chest level
Ct 2: Step on R to Rt, Arms up in chest level
Ct &: Step on L to Rt, keep arms up in the chest level
Ct 3: Step on R to Rt, Arms up in chest level
Ct &: Step on L to Rt, keep arms up in the chest level
Ct 4: Step on R to Rt, Arms up in chest level
Ct 5 to 8: Same as Ct 1 to 4 but opposite footwork, opposite direction
Do this step twice

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Figure 3A (Facing LOD)

Ct 1: Step on R, arms down
Ct 2: Step on L, arms down
Ct 3: Step on R, arms down
Ct 4: Step on L, arms down
Ct 5 to Ct 8: Repeat Ct 1 to Ct 4

Figure 3B (Facing Center, arms down)

Ct 1: Small step on R
Ct 2: Small step on L
Ct 3: Small step on R
Ct 4: Small step on L
Ct 5 to Ct 8: Repeat Ct 1 to Ct 4

PART TWO

Except Figure 2, everything is the same as Part 1.

Instead of figure 2;

Ct 1: Hop on L in place, arms up
Ct &: Leap on R to Rt, arms up
Ct 2: Hop on L behind R
Ct &: Hop on R in place
Ct 3: Hop on R in place, arms up
Ct &: Leap on L to Lt, arms up
Ct 4: Hop on R behind L
Ct &: Hop on L in place
Repeat this step 4 times

PART THREE

Except Figure 2, everything is the same as Part 1 and 2.

Instead of figure 2;

Ct 1: Jump on both in place, knees bent. Move arms up

Ct &: Hop on L in place, Kick R fwd, move arms to the Rt

Ct 2: Jump on both in place, knees bent. Move arms up

Ct &: Hop on L in place, Kick R fwd, move arms to the Lt

Ct 1: Jump on both in place, knees bent. Move arms up

Ct &: Hop on L in place, Kick R fwd, move arms to the Rt

Ct 2: Jump on both in place, knees bent. Move arms up

Ct &: Hop on L in place, Kick R fwd, move arms to the Lt

****Repeat this step 4 times****

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ERMENI BAYRAMI

(Eastern Anatolia / Turkey – Ahmet Lüleci)

Pronunciation: Ar mane Bye roa ma
Translation: Armenian celebration
Music: 4/4 meter *Ermeni Bayrami / CD #12 – Track*
Formation: Semi Circle, Face LOD, Hands on V position, Left elbow bent.

Pattern

INTRODUCTION 16 cts

Figure 1 (Face Line of the direction.)

Ct 1: Step on R fwd LOD. (Arms down in V position, L elbow bent until ct:5)
Ct &: Quick step on L fwd LOD,
Ct 2: Step on R fwd LOD.
Ct 3: Step on L fwd LOD.
Ct &: Quick step on R fwd LOD.
Ct 4: Step on L fwd LOD
Ct 5: Step on R facing center. (Arms down in V pos. until ct:9)
Ct 6: Step on L in place. Arms down in V pos.
Ct 7: Step fwd on R
Ct &: Quick step on L fwd
Ct 8: Step fwd on R
Ct 9: Touch L heel in place. Arms goes up to W.
Ct 10: Step on L in place
Ct 11: Stamp R heel in place, bent body fwd slightly. Arms down in V pos.
Ct 12: Stamp R heel again in place. Arms down in V pos.
Ct 13: Step back on R.
Ct 14: Step back on L
Ct 15: Step back on R, body slightly bent
Ct 16: Step fwd motion (in place) on L

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Figure 2 (Facing LOD)

Ct 1: Step on R fwd LOD. (Arms down in V position, L elbow bent until ct:7)

Ct &: Quick step on L fwd LOD,

Ct 2: Step on R fwd LOD.

Ct 3: Step on L fwd LOD.

Ct &: Quick step on R fwd LOD.

Ct 4: Step on L fwd LOD

Ct 5: Step on R fwd LOD. (Arms down in V position, L elbow bent until ct:7)

Ct &: Quick step on L fwd LOD,

Ct 6: Step on R fwd LOD.

Ct 7: Face center, Step on L in place, bent knees. (Arms down in V position)

Ct 8: Two quick bounces up in place

Ct 9: Bounce down in place.

Ct 10: Two quick bounces up in place

Ct 11: Touch L heel in place, arms go up to W position,

Ct 12: Step on R on L facing LOD, bring arms down.

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FISTAN

(Southeast of Turkey)

Kurdish style.

Pronunciation:	Fiest on
Translation	Ladies dress
Music:	4/ <u>4</u> meter
Formation:	Semi Circle
Steps & Styling:	<i>Typical kurdish style, bouncy and earthy..</i>

Meas

4/4 meter

Pattern

		<u>INTRODUCTION</u> 7 x 4/4
	I.	<u>FIGURE I</u> Arms down, holding hands. Facing center, moving to the Rt.
1		Step on R to diag. Rt back (ct 1); step on L to Rt (ct &); step diag. Back Rt on R (ct 2); Step on L to diag. Rt back (ct 3); step on R to Rt (ct &); step diag. back Rt on L (ct 4);
2		step on R to Rt (ct 5); step on L to Rt, crossing R (ct 6); repeat ct 5 & 6 (ct 7 & 8);
3		touch R on the Rt (ct 9); step on R, crossing L to the Lt (ct 10); touch R on the Rt (ct 11); step on R, crossing L to the Lt (ct 12);
4		step back on R (ct 13); step back on L (ct 14); hop on L in place (ct 15); quick step on R in place (ct &); step on L in place (ct 16).
		Leader call

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	II.	<u>FIGURE II</u>
1		Facing center, Step on R to Rt (ct 1); step on L to Rt, crossing R (ct 2); step on R to Rt (ct 3); step on L to Rt, crossing R (ct 4);
2		hop on L to Rt (ct 5); quick step on R to Rt (ct &); step on L to Rt (ct 6); repeat 5 & 6 (ct 7 & 8);
3		Step back on R (ct 9); step fwd on L (ct 10); touch R heel fwd (ct 11); step fwd on R (ct 12); touch L heel in place
4		(ct 13); step back on L (ct 14); hop back on L (ct 15); quick step back on R (ct &); step back on L (ct 16).
		Leader call

Sequence: Introduction (no action)
Change steps with leader calls.

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HALIME

(Southeast of Anatolia-Mardin / Turkey – Ahmet Lüleci)

Pronunciation: HOA LE MA
Translation: Name of a girl
Music: 10/8 meter *Halime / CD #12 – Track*
Formation: Semi Circle, Face CTR, Hands on W.

Pattern

INTRODUCTION 16 cts

Figure 1 (Face center, move to the Rt.)

Ct 1: Step on R to Rt.

Ct 2: Step on L to Rt.

Ct &: Quick step on R to Rt.

Ct 3: Step on L to Rt.

Ct 4: Step on R to Rt.

Ct &: Quick step on L to Rt

Ct 5: Step on R in place

Ct 6: Touch L toe in the front

Ct 7: Step on L in place

Ct 8: Touch R toe in the front

Ct 9: Step on R in place, lift and pump down L in place

Ct 10: Step on L in place, lift and pump down R in place

Ct 11: Step on R in place, lift and pump down L in place

Ct 12: Touch L toe in the front

Ct 13: Step on L in place, lift and pump down R in place

Ct 14: Step on R in place, lift and pump down L in place

Ct 15: Step on L in place, lift and pump down R in place

Ct 16: Touch R toe in the front

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Figure 2 (Facing Center, arms up straight elbows)

Ct 1: Step on R slightly diag. fwd Rt

Ct 2: Step on L slightly diag. fwd Lt

Ct 3: Step on R slightly diag. fwd Rt

Ct 4: Touch L toe in place

Ct 5: Step on L slightly diag. fwd Lt

Ct 6: Step on R slightly diag. fwd Rt

Ct 7: Step on L slightly diag. fwd Lt

Ct 8: Touch R toe in place

Do this step 4 times: First time to go fwd, second time in place in the front, third time to go back and forth time in place in the back.

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HAYDE GIDELUM

(Northeast of Anatolia-Black Sea / Turkey – Ahmet Lüleci)

Pronunciation: Hi da ge da luum
Translation: Let's go
Music: 4/4 meter *Hayde Gidelum / CD #12 – Track 15*
Formation: Semi Circle, Face CTR, Hands on V but bent elbows position.

Pattern

INTRODUCTION 16 cts

Figure 1 (Face center, move to the Rt.)

Ct 1: Step on R to Rt.

Ct 2: Step on L to Rt.

Ct 3: Step on R to Rt.

Ct 4: Touch L next to R in place

Ct 5: Step on L to Lt

Repeat these cts for 2 times and in the end of the 3rd time:

Ct 6: Touch R next to L in place

Do this step 4 times

Figure 2 (Facing Center, arms up straight elbows)

Ct 1: Step back on R

Ct &: Quick step on L in place.

Ct 2: Step on R in place

Ct 3: Step fwd on L diag fwd Rt

Ct &: Quick step on R next to R

Ct 4: Step on L in place

Do this step 8 times

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KAHVEYI KAVURURLAR

(Central Anatolia / Turkey – Ahmet Lüleci)

Pronunciation: Cah va yee kaah vuu rour loar
Translation: They roast the coffee
Music: 9/8 meter
Formation: Semi Circle, Face LOD, Arms up down on V, holding hands.

Pattern

INTRODUCTION *After the inroductional improvisation part.*

Figure 1 (Face LOD. down V position)

Ct 1: Weight on L in place, kick R fwd
Ct 2: Continue staying on L, make a semi circle from Rt with R.
Ct 3: Continue staying on L, kick R forward
Ct 4: Continue staying on L, bounce on L and lift R up
Ct &: Step on R fwd
Ct 5 to Ct 8: Repeat everything from the beginning yet this time with opposite footwork.

Figure 2 (Facing Center, arms go up to W)

Ct 1: Weight on L in place, touch R toe in the front
Ct 2: Step R in place
Ct 3: Step on L in Place
Ct 4: Touch R toe in the front
Ct &: Quick step on R in place
Ct 5 to Ct 8: Repeat everything yet this time with opposite footwork.

** you do this 8 cts twice and then:

Ct 1: Step forward on R

Ct 2: Step forward on L

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Ct 3: Step forward on R
Ct 4: Lift L up as you continue going fwd
Ct &: Step on L fwd
Ct 5: Step forward on R
Ct 6: Step forward on L
Ct 7: Place R in place
Ct 8: Hold position

then go back to Figure 2 as doing the steps moving back. And repeat the sequence one more time.

Figure 3 - (Face center, arms up W position)

Ct 1: Step on R, diag fwd Rt.
Ct 2: Step on L in place
Ct 3: Step on R to diag fwd Lt this time.
Ct 4: Hop on R in place, lift L up, facing center.
Ct &: Step on L in place.
Ct 5: Step back on R, L in the front, little twist.
Ct 6: Step back on L, R in the front, little twist
Ct 7: Step back on R
Ct 8: Lift L up
Ct &: Quick step on L in place

do this step 6 times

Manastir

(Turkey)

Manastir (mah-nahs-tur) means Monastery. This dance is from the Northwest of Turkey, from Thrace. It was first taught in Japan in 2019, and subsequently at the North-South Folk Dance Teachers Seminar in 2019. In July of 2020 it was presented by Ahmet Lüleci at Stockton Virtual Folk Dance Camp held on Zoom.

Formation: Mixed open circle of dancers facing CCW, hands joined arms in V-pos.
Steps & Styling: Slow, elegant, light, and meditative, with small steps. **Skip-step:** 2 quick steps on the toe of the first foot and the sole of the second (also called ker-plunk or bloop-bloop).

Measures: Meter 4/4 PATTERN

INTRODUCTION: Wait for 4 measures of the music or one time through the instrumental melody.

I. FIGURE I: TRAVELING CCW.

- 1 Facing and moving CCW, step R fwd (ct 1); skip step L, R (cts &, 2); two slow steps fwd L, R (cts 3, 4).
- 2 Repeat meas 2 with opp ftwk, continuing fwd CCW.
- 3 Turning to face ctr and bringing arms up in W-pos, step R to R (ct 1); step L behind R (ct 2); quick step R in place (ct &); repeat with opp ftwk and direction (cts 3, 4, &).
Optional: small lift of free ft on the “&” before ct 1.
- 4 Facing ctr, step R to R (ct 1); lift L leg fwd (ct 2); step L to L (ct 3); lift R leg fwd (ct 4). Bring joined hands down to V-pos to repeat Fig I, or to continue to Fig II.

II. FIGURE II. IN AND OUT.

- 1 Skip-step fwd twd ctr R, L (cts &, 1); three steps fwd R, L, R (cts 2, 3, 4).
- 2 Repeat meas 1 with opp ftwk, continuing twd ctr.
- 3-4 Repeat Fig 1 meas 3-4.
- 5-6 Repeat Fig II meas 1-2, but all steps are bkwd, moving away from ctr.
- 7-8 Repeat meas 3-4.

Sequence: Leader indicates the sequence by either pointing to R (CCW) or pointing twd ctr. Dance can also be done with Figure I during the vocal part and Figure II during the instrumental.

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MIRCAN

(Southeast of Anatolia / Turkey – Ahmet Lüleci)

Pronunciation: Mer John
Translation: Name of a girl
Music: 4/4 meter *Mircan / CD #12 – Track*
Formation: Semi Circle, Face Center, Hands on W position.

Pattern

INTRODUCTION *Start with the melody*

Figure 1 (Face Center.)

Ct 1: Touch L heel, Arms up in W position
Ct 2: Step fwd on L
Ct 3: Touch R heel
Ct 4: Step fwd on R
Ct 5: Touch L heel
Ct 6: Step back on L, Bring arms down
Ct 7: Step back on R, swing arms fwd and up
Ct 8: Touch L heel in place, Bounce arms up in W
Ct 9: Step on L to Lt, as you face LOD, bring arms down, L elbow bent
Ct 10: Step on R to Lt behind L
Ct &: Quick step on L in place
Ct 11: Step on R to Rt,
Ct 12: Step on L to Rt behind R
Ct &: Quick step on R in place
Ct 13-16; Repeat Ct. 9-12
Ct 17: Step on R in the front, bent knees, face center, arms go fwd to back
Ct 18: Double bounce up in place, swing arms fwd to back
Ct 19-20: Repeat Ct 17-18

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Transition to Figure 2 (Facing center)

Ct 1: Step on R in the front, bent knees.

Ct 2: Double bounce up in place.

Do this 8 times

Figure 2 (Facing CENTER)

Ct 1: Hop on L to Rt, swing arms fwd in V position

Ct &: Leap on R to Rt,

Ct 2: Leap on L to Rt, swing arms back in V position

Ct 3: Repeat Ct 1

Ct &: Repeat Ct &

Ct 4: Repeat Ct 2

Ct 5: Jump on both feet, bring arms up to W

Ct 6: Hop on R in place, lift L up

Ct 7: Jump on both in place, Touch L heel in place

Ct 8: Hop L in place, lift R up

Ct 9: Jump on L in place, Touch R heel in place

Ct 10: Hop R in place

Ct 11: Hop on R in place, Touch L heel in place

Ct 12: Hop L in place, lift R up, swing arms down

Ct 13: Hop on L to Lt, swing arms fwd in V position

Ct &: Leap on R to Lt,

Ct 14: Leap on L to Rt, swing arms back in V position

Ct 15: Step on R in place, swing arms fwd

Ct 16: Step on L in place, swing arms back

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ŞEFO

(Northwest of Anatolia- Thrace / Turkey – Ahmet Lüleci)

Pronunciation: Sha phos
Translation: Name of a girl
Music: 7/8 meter Şefo / CD #12 – Track
Formation: Semi Circle, Face LOD, Hands on V position.

Pattern

INTRODUCTION *Two turns of the melody*

Figure 1 (Face Line of the direction.)

Ct 1: Hop on R in place. (Arms down in V position, until ct:9)

Ct &: Quick step on L fwd

Ct 2: Leap fwd on R

Ct &: Leap on L fwd

Ct 3: Step on R fwd

Ct 4: Leap on L fwd

Ct &: Quick step on R Fwd

Ct 5: Hop on L in place

Ct &: Quick step on R fwd

Ct 6: Leap fwd on L

Ct &: Leap on R fwd

Ct 7: Step on L fwd

Ct 8: Leap on R fwd

Ct &: Quick step on L Fwd

Ct 9: Step on R to Rt facing center, Arms go up to W

Ct 10: Step on L behind R to Rt

Ct &: Quick step on R in place.

Ct 11: Stamp on L in place

Ct 12: Hold position

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Ct 13: Step on R to Rt facing center

Ct 14: Step on L behind R to Rt

Ct &: Quick step on R in place.

Ct 15: Step on L in place

Ct 16: Step on R as you face LOD

Figure 2 (Facing CENTER)

Ct 1: Lift R Facing center, Arms up in W position, moving into the center

Ct &: Quick step on R fwd

Ct 2: Lift L Facing center

Ct &: Quick step on L fwd

Ct 3: Step on R fwd

Ct &: Quick step on L fwd

Ct 4: Step on R Fwd

Ct &: Step fwd on L

Ct 5 to Ct 8: Repeat Ct 1 to Ct 4

Ct 9 to Ct 16: Repeat Ct 1 to Ct 8 but moving back and keep arms up in W position

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