

AHMET'S AND EVRAN'S DANCES

Elmalarin Yongasi

Inaduna

Roman kizi

Elmas

Guvercin kavak

Zillide masa darbuka

Adi ceyran

Lacin

Ahmedum

Semdinli halayi

Arabim fellahin

Macka

Longa

Yagmur yagar

Helef

Gul Aliye

Gun ola

Uc kiz bir ana

Vardali

Mavilim

Mori

Bitliste bes minaret

Alaylar-Arzu ile kamber

Yagmur yagar

ELMALARIN YONGASI

(Central Turkey)

Elmalarin yongasi is from Konya, Turkey. The spoon region from central Anatolia.

Pronunciation: Elmah larun Yon ga suh
Translation: The heart of the apple
Music: 2/4 meter
Formation: Circle
Steps & Styling: Circle, facing LOD and Center, arms up in W position.

Meas. 2/4 meter

Pattern

INTRODUCTION *One turn of the melody.*

FIG 1: Arms up in W position. Face LOD.

(ct.1); Step fwd on R
(ct.2); Step fwd on L
(ct.3); Step fwd on R
(ct.4); Step fwd on L
(ct.5); Step fwd on R
(ct.&); Quick step fwd on L
(ct.6); Step fwd on R
(ct.7); Step fwd on L
(ct.&); Quick step fwd on R
(ct.8); Step fwd on L
(ct.9); Face center, Step on R in place, keep arms up in W position
(ct.&); Step on L in place, bend knees down slightly
(ct.10); Repeat ct.9 + &
(ct.11); Repeat ct.9 + &
(ct.12); Repeat ct.9 + &
(ct.13); Step back on R in place as keeping R arm up, dropping L arm down
(ct.&); Step on L in place, bend knees down slightly, swith arms
(ct.14); Step fwd on R in place, swith arms
(ct.1&); Step on L in place, bend knees down slightly, swith arms
(ct.15); Repeat ct.13 + &
(ct.16); Repeat ct.14 + &

FIG 2: Arms up in W position. Face Center.

- (ct.1); Step on R heel to Rt
- (ct.&); Step on L toe in place, bend knees
- (ct.2); Repeat ct.1+&
- (ct.3); Repeat ct.1+&
- (ct.4); Repeat ct.1+&
- (ct.5); Step on R to Rt as bending knees
- (ct.6); Touch L toe next to R in place
- (ct.7); Step on L to Lt as bending knees
- (ct.8); Touch R toe next to L in place
- (ct.9); Step on R as turning from Lt shoulder (knees straight), R arm up, L arm down
- (ct.&); Step on L as turning from Lt shoulder, knees bent, switch arms
- (ct.10); Repeat ct.8+&
- (ct.11); Repeat ct.8+&
- (ct.12); Repeat ct.8+&

INADUNA

(Northern Anatolia - Blacksea / Turkey)

Pronunciation: Innah doonah
Translation: Stubborn boy
Music: 2/4 meter (*hidden 7/8*)
Formation: Semi Circle, face center, arms bent from elbows and parallel to the ground.

Pattern

INTRODUCTION *Wait for 5x8 cts*

Figure 1 (Face center, hands on waist.)

Ct 1: Jump on R to Rt. Knees bent

Ct 2: Leap onto L in place.

Ct 3: Put feet together and bounce on both in place

Ct 4: Put feet together and bounce on both in place

Ct 5: Jump on L to Lt. Knees bent

Ct 6: Leap onto R in place.

Ct 7: Put feet together and bounce on both in place

Ct 8: Put feet together and bounce on both in place

*** Repeat this step 12 times ***

Figure 2A (Facing Center)

Ct 1: Turn body Lt and a jumpy step on R in the front, pump arms down on the sides

Ct 2: Hop on L in place as you turn your body to center

Ct 3: Turn body Rt and jumpy step on L in the back, pump arms down on the sides

Ct 4: Hop on L in place as you turn your body to center

Ct 5: Turn body center and a jumpy step on R to the Rt, pump arms down on the sides

Ct 6: Hop on L in place facing center

Ct 7: Put feet together and bounce on both in place

Ct 8: Put feet together and bounce on both in place

Figure 2B (Facing Center)

Everything is the same as Fig.2A but opposite footwork and directions.

****Do this step 4 times****

Figure 3 (Face center)

Ct 1: Jump on R to Rt. Knees bent

Ct 2: Leap onto L in place.

Ct 3: Put feet together and bounce on both in place, clap hands

Ct 4: Put feet together and bounce on both in place, clap hands

Ct 5: Jump on L to Lt. Knees bent

Ct 6: Leap onto R in place.

Ct 7: Put feet together and bounce on both in place, clap hands

Ct 8: Put feet together and bounce on both in place, clap hands

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

Figure 3 (Face center)

Ct 1: Stamp fwd on R facing diag. Lt, pump arms down

Ct 2: Step fwd on L in same position

Ct 3: Repeat Ct.1

Ct 4: Repeat Ct 2

Ct 5: Stamp fwd on R again but this time facing center

Ct 6: Hop on R in place facing center

Ct 7: Hop on L crossing L in position

Ct 8: Another hop on L in the same position

Ct 9: Leap back on R, move L to the Rt

Ct 10: Leap back on L, move R to the Lt

Ct 11: Jump on both in place

Ct 12: Hop on R in place, lift L up and pump it down

Ct 13: Jump on both in place

Ct 14: Hop on L in place, lift R up and pump it down

Ct 15: Step on R to Rt as bending knee down

Ct 16: Hop on L in place, straighten knee up

ROMAN KIZI

(Thrace, Northwest of Turkey)

A ladies romani dance from Northwest of. Evren has choreographed this dance based on typical romani movements.

Pronunciation: RO man ki za
Translation: Romani girl
Music: 4/4
Formation: Circle
Steps & Styling: Facing center.

Meas. 4/4 meter

Pattern

INTRODUCTION 16 Counts.

FIG 1: Arms up W position, facing center

- Ct.1- Step fwd on R
- Ct.2- Touch L next to R
- Ct.3- Step fwd on L
- Ct.4- Touch R next to L
- Ct.5- Step back on R toe, push hips to Rt. Move R arm to the Rt
- Ct.&- Sliding step back on L
- Ct.6- Repeat Ct.5
- Ct.&- Sliding step back on L
- Ct.7- Step back on R
- Ct.8- Step back on L

FIG 2: Arms up W position, facing center

- Ct.1- Step on R to Lt, crossing L in place. Body face diag. Lt. Move R arm in a circular motion in the front
- Ct.2- Step on L in place. R arm goes back to original position
- Ct.&- Step on R in place facing center

Ct.3- Step on L to Rt, crossing R in place. Body face diag. Rt. Move L arm in a circular motion in the front

Ct.4- Step on R in place. L arm goes back to original position

Ct.&- Step on L in place facing center

Ct.5 to 8 is same as in Fig.1 Ct.5 to 8 but in place

FIG 3: Face Center.

Ct.1- Step diag fwd on R to Lt, crossing L. Arms go down in front of the body, cross arms

Ct.2- Touch L toe on the Lt side. Open arms to the sides.

Ct.3- Step diag fwd on L to Rt, crossing R. Arms go down in front of the body, cross arms

Ct.4- Touch R toe on the Rt side. Open arms to the sides.

Ct.5 to 8- Repeat Fig.1, Ct.5 to 8. Arms back to W.

FIG 4: Face Center

Ct.1- Touch R toe, as you start turning from Lt shoulder. R arm straightened from elbow

Ct.&- Step on L in place, continue turning. R arm straightened from elbow

Ct.2- Repeat Ct.1

Ct.&- Repeat Ct.&. Complete the turn.

Ct.3- Step on R in place facing center

Ct.4- Touch L on the side (open the leg to Lt)

Ct.5 to 8- Same as Ct.1 to 4 but opposite steps and direction.

Ct.9 to 12- Repeat Ct.1 to Ct.4

Ct.13- Repeat Fig. Ct.5 to 8

Elmas

Turkey

This dance comes from Kars, Eastern Turkey

Pronunciation: Al maas

Translation: Diomand

Rhythm: 6/8 (1 2)

Starting position: R hand on front peron's L palm, L hand by own L shoulder, palm up

Fig. 1

- 1 Facing CCW, Step on R toe fwd(ct.1); Step on L toe next to R(ct.&); Step on R flat fwd(ct.2)
- 2 Repeat Meas.1 with opp. ft.
- 3-16 Repeat Meas.1-2, seven more times

Fig. 2

- 1 Facing ctr. hands on "W" hold, Step on R to R(ct.1); Step on L next to R(ct.&); Step on R to R(ct.2)
- 2 Bounce on R, bring L knee up in front(ct.1); Hold(ct.2)
- 3-4 Repeat Fig.2 Meas.1-2 with opp. ft. and direction
- 5-8 Repeat Fig.2 Meas.1-4

Fig. 3

- 1 Using same step as Fig.1, Meas.1, move fwd to the ctr.(cts.1,2)
- 2 Using same step as Fig.1, Meas.2, half turn to L, facing outside(cts.1,2)
- 3-4 Facing outside, Repeat Fig.2, Meas.1-2
- 5-6 Repeat Fig.3, Meas.1-2 with opp. ft. twd outside, half turn should be to L
- 7-8 Repeat Fig.3, Meas.3-4 with opp. ft. and direction

Fig. 4

- 1 Facing ctr., Step on R to R(ct.1); Step on L in front of R(ct.2)
- 2-3 Repeat Fig.4, Meas.1 two more times
- 4 Step on R to R(ct.1); Touch L next to R(ct.2)
- 5-8 Repeat Fig.4, Meas.1-4 with opp. ft. and direction
- 9-16 Repeat Fig.4, Meas.1-8
- 17 Step on R,L,R in place and turn to CCW(ct.1&2)
- 18 Step on L,R,L in place, hands back to original position

GÜVERCİN / KAVAK

(Northeast of Turkey)

A ladies dance from Eastern Turkey (city of Erzurum).

Pronunciation: Guu var gin ka wak
Translation: Guvercin means Pigeon/Dove and Kavak is the poplar tree
Music: 10/8 meter *first part and then 4/4 meter second part*
Formation: Semi Circle
Steps & Styling: Semi Circle, facing LOD.

Meas. 10/8 meter

Pattern

INTRODUCTION *Four complete turn of the melody.*

FIG 1: Arms and the waist, facing LOD

Ct.1- Step on R (flat foot) to diag Rt
Ct.2- Step on L (on the ball of the foot) to diag Rt
Ct.3- Step on R in place
Ct.4- Lift L and make a semi circle as facing to diag. Lt position
Ct.5 to Ct.8- Everything is the same but opposite footwork

FIG 2: Footwork is same as FIG 1. Arms however goes as follows;

Ct.1- Bring right arm towards armpit, keep L arm on the waist
Ct.2- Open R arm up to the side, parallel to the ground
Ct.3- Bring left arm towards armpit, keep R arm up in the position
Ct.4- Open L arm up to the side, parallel to the ground
Ct.5- Bounce both arms from the elbows
Ct.6- Bounce both arms from the elbows again
Ct.7- Bring R arm next to L arm, bounce from elbows as palms are facing each other
Ct.8- Bring R arm back to its original position

FIG 3: Face Center. Footwork is same as FIG 1 but doing the movement in place as you get closer to each other

Arms;

Ct.1- L arm bent from elbow parallel to the ground up to the elbow, from the elbow to wrist is up to the face level, palm faces inside. Bring R arm under L elbow as you put your fingers right under the L elbow

Ct.2- Turn your L hand out from the wrist, keep R arm in position

Ct.3- Ct.4- Switch arm/hand position to opposite

Ct.5 to Ct.8- Repeat Ct.1 to Ct.4

FIG 4: Hold little fingers, W position, face center and move to the Rt

Ct.1- Step on R to Rt, move arms to the Rt

Ct.2- Step on L to Rt, move arms to Lt

Ct.3- Step on R to Rt, move arms to Rt

Ct.4- Touch L toe in place, bring arms to center

Ct.5- Step on L in place, bend body over, swing arms down

Ct.6- Touch R toe in place. Body goes back to straight, arms comes back to W

Transition:

Ct.6- Touch and lift/pump R foot down. Quick bounce and drop arms down.

- FIG 5:** Hold little fingers, W position, face center and move to the Rt
- Ct.1- Leap on to R to diag fwd Rt, swing arms back to fwd
 - Ct.2- Leap onto L to diag fwd Rt, swing arms back
 - Ct.3- Jump on both feet, start bringing arms up
 - Ct.4- Hop on R in place, bring arms to the Rt in W position
 - Ct.5- Jump back on both, as L goes back, keep R in the front and push the heel to Lt, move arms to the Lt
 - Ct.6- Jump back on both, as R goes back, keep L in the front and push the heel to Rt, move arms to the Rt
 - Ct.7- Jump on both in place, bring arms to center and bounce from the elbows
 - Ct.8- Hop on L in place, lift and pump R down, swing arms down

Presented by *Evren Soytopcu Kiyak* © 2016

Zillide Maşa Darbuka

Turkey

This dance is from Trakya - Northwestern part of Turkey. This is a women's dance.

Pronunciation: Zilly deh masha dar boo kah

Translation: percussion instruments

Rhythm: 9/8 (1-2, 1-2, 1-2, 1-2-3 or 1 2 3 4)

Formation: Starting position, "V" hold

Intro.

1-4 Wait

Fig. 1

Facing CCW, Step on R,L,R fwd(cts.1,2,3); Lift on R, slightly hook L ft in front of R(ct.4); Step on L fwd(ct.&)

2-8 Repeat Meas.1, seven more times

Fig. 2

1 Still facing CCW, Step on R to R(ct.1); Step back on L(ct.2); Step on R fwd(ct.3); Repeat cts.4& of Meas.1 (cts.4,&)

2-8 Repeat Fig.2, Meas.1 seven more times and face ctr.

Fig. 3

Facing ctr., Step on R twd ctr. and rise hands to "W" hold(ct.1); Step back on L(ct.2); Step on R bkwd(ct.3); Lift on R(ct.4); Step back on L(ct.&)

2-6 Repeat Fig.3, Meas.1, five more times

7 Close R to L and start rotating hips horizontally(cts.1,2); Repeat cts.3-4& of Fig.3, Meas.1 (cts.3-4,&)

8 Repeat Meas.7

Fig. 4

1 Facing ctr., Half step on R to R(ct.1); Step on R(ct.2); Step on L behind of R, leave R ft in place(ct.3); Lift on L(ct.4); Step back on R(ct.&)

2 Repeat Fig.4, Meas.1 with opp. ft and direction

3-8 Repeat Meas.1-2, three more times

9 Step on R,L,R twd diag.R fwd(cts.1,2,3); Touch L next to R(ct.4)

10 Repeat Meas.9 bkwd twd L and back to original spot

11-12 Repeat Meas.9-10 to opp direction

Improvisational Part-couple (comes only once, after Fig.1-4 first time)

Basic steps are always R,L,R,Ltouch R(cts.1,2,3,4); L,R,L,Rtouch L(cts.1,2,3,4)

1-2 R side person move twd inside to face L side person with basic steps

L side person do basic steps in place

3-4 Both backs up with R,L,R,Ltouch R and in place L,R,L,Rtouch L

5-8 Repeat Fig.4, Meas.9-12 facing each other

9-10 With basic steps, switch places through L shoulders

11-12 Repeat Meas.3-4

13-16 Repeat Meas.9-12 (back to original place)

17-18 Repeat Meas.9-10

19-20, R side person do basic steps in place, L side person move to L side of R side person with basic steps and hold hands down

ADI CEYRAN

(Northeast of Turkey)

An Azerbaidjaini style of a ladies dance from the northeastern Turkey.

Pronunciation: A di – jay run

Music: 6/8 meter *Track 1*

Formation: Semi Circle

Steps & Styling: Semi Circle, facing LOD first step then facing center

Meas 6/8 meter

Pattern

INTRODUCTION *Four complete turn of the melody (24 counts).*

FIG 1: ARMS *Little fingers hold, arms in W position.*

1-4 Step fwd on R (ct 1); quick step fwd on L (ct &); Step fwd on R (ct 2); step fwd on L (ct 3); quick step fwd on R (ct &); step fwd on L (ct 4)

Repeat this step for two complete turn of the melody.

FIG 2: Facing center, connected with fingers.

1-4 Step on R to the Rt (ct 1); Quick step on L to Rt (ct &); Step on R to Rt (ct 2); Lift L up (ct 3); hold position (ct 4)

5-8 Same as 1-4 but move to the Lt with opposite feet.

9-12 Same as 5-8 but move backwards, drop arms down

13-16 Same as 1-4 but move forward towards center, bring arms up

****Do this step twice****

FIG 3: ARMS *Facing Center, arms up and free, bent from elbows*

2

1-4 Hop on R in place and touch L toe in the front, (ct 1); Quick hop on R in place. Lift L up (ct &); Leap forward onto L (ct 2); Hop on L in place and touch R toe in the front, (ct 3); Quick hop on L in place. Lift R up (ct &); Leap forward onto R (ct 4);
Repeat this step 3 times fwd and 3 times back.

Sequence: *Four complete turn of the melody (24 counts).*
Repeat the entire sequence 3 times. Start the 4th time through the end of second FIG. Finish on ct 13.

Presented by *Ahmet Luleci* © 2011

LAÇIN
(Northastern Turkey)

A ladies dance from Northeastern Turkey (city of Kars). The dance is choreographed by Ahmet Luleci basing on traditional movements.

Pronunciation: LA Chin
Translation: Hawk/Falcone
Music: 3/4 meter Camp Cd. Track number # 15
Formation: Semi Circle
Steps & Styling: Facing center.

Meas. 3/4 meter

Pattern

INTRODUCTION *Four complete turn of the melody.*

FIG 1: Right arm is on the shoulder of the person on your Right side, Left arm is bent from the elbow and is on the waist of the person on your left side.

Ct.1- Step on R (flat foot) diag fwd to Rt
Ct.2- Step on L (on the ball of the foot) in the back but to the Rt
Ct.3- Step back on R next to L
Ct.4- Step on L (flat foot) diag fwd to Lt
Ct.5- Step on R (on the ball of the foot) in the back but to the Lt
Ct.6- Step back on L next to R
Ct.7 to Ct.12- Repeat Ct.1 to Ct.6

FIG 1B:

Ct.1- Step on R to Rt
Ct.2- Step on L to Rt, next to R
Ct.3- Hold position and bounce in place
Ct.4 to Ct.12- Repeat Ct.1 to Ct.3, three more times.

FIG 2A: Face Center.

- Ct.1- Step back on R, drop arms down
- Ct.2- Step fwd on L, start bringing arms up
- Ct.3- Step fwd on R, arms continue going up slowly
- Ct.4- Step fwd on L, arms continue going up slowly
- Ct.5- Step fwd on R, arms continue going up slowly
- Ct.6- Step fwd on L, arms up palms facing in
- Ct.7- Step fwd on R
- Ct.8- Step fwd on L
- Ct.9- Step fwd on R
- Ct.10- Put feet together and bounce
- Ct.11- Hold position and bounce again
- Ct.12- Lift R up

FIG 2B: R arm in the front, bent from elbow. L in the back on shoulder level

- Ct.1- Step fwd on R, as you turn from from R elbow
- Ct.2- Step fwd on L, facing and moving opposite of center
- Ct.3- Step fwd on R, facing and moving opposite of center
- Ct.4- Step fwd on L, facing and moving opposite of center
- Ct.5- Step fwd on R, facing and moving opposite of center
- Ct.6- Step fwd on L, facing and moving opposite of center
- Ct.7- Step fwd on R, facing and moving opposite of center
- Ct.8- Step fwd on L, facing and moving opposite of center
- Ct.9- Step fwd on R, facing and moving opposite of center
- Ct.10- Step on L as you start turning to center again, arms go up
- Ct.11- Step on R in place facing center, arms up
- Ct.12- Step on L in place, keep arms up

****Do Fig.2A and 2B two times only****

AHMEDUM

(Blacksea, Northern Turkey)

This tune is from the Blacksea region of Turkey. Ahmet has adapted a traditional step for this emotional mourning song.

Pronunciation: Ah mee duum

Translation: My Ahmet.

Music: **10/8** meter

Ahmet's Camp CD, Track # 1

Formation: Circle of dancers facing ctr; holding hands bent elbows, in parallel to the ground position.

Steps & Styling: Typical Blacksea styling

<u>Meas</u>	<u>10/8 meter</u>	<u>Pattern</u>
-------------	-------------------	----------------

8 meas		<u>INTRODUCTION.</u> No action.
--------	--	---------------------------------

1		Step on R to Rt
2		Step on L to Rt, crossing R
3		Step on R to Rt
4		Step on L to Rt, crossing Rt
5		Step on R to Rt
6		Touch L next to R in place
7		Step on L to Lt
8		Touch R next to L in place

Presented by Ahmet Luleci © 2016

SEMDINLI HALAYI

(Hakkari, Southeastern Anatolia / Turkey)

Pronunciation: Sham deen lee ha liy a
 Translation: Halay (dance) from Semdinli
 Music: 4/4 meter Ahmet's Camp CD / Track # 15
 Formation: Semi Circle, Face LOD, little pinky hold, down straight from elbows.

Pattern

INTRODUCTION 8 counts.

Figure 1A (Face line of the direction, arms down. Soft and bouncy knees)

Ct 1: Step on R to diag fwd Rt .

Ct 2: Touch L next to R, keep weight on R.

Ct 3: Step on L diag fwd Lt.

Ct 4: Touch R next to Lt, keep weight on L

Ct. 5 to Ct.8: Repeat first 4 counts

Ct. 9: Face center, Step on R in place

Ct. 10: Touch L in place

Ct. 11: Step fwd on L

Ct. 12: Touch R in place

Ct. 13: Step fwd on R

Ct. 14: Touch L in place

Ct. 15: Step back on L

Ct. 16: Step back on R

Ct. 17: Jump down on both, bending knees

Ct. 18: Quick jump in place, straightening knees up

Ct. &: Quick jump in place.

Ct. 19: Jump down on both, bending knees

Ct. 20: Quick jump in place, straightening knees up

Ct. &: Quick jump in place.

Ct. 21: Step fwd on L

Ct. 22: Touch R in place
 Ct. 23: Step fwd on R
 Ct. 24: Touch L in place
 Ct. 25: Step back on L
 Ct. 26: Step back on R
 Ct. 27: Step on L bring arms fwd towards center and back
 Ct. 28: Quick step on R
 Ct. &: Quick step on L.

Figure 1B (Variation)

Ct 1: Step on R to diag fwd Rt .
 Ct 2: Quick step on L in place.
 Ct &: Quick step on R In place.
 Ct 3: Step on L diag fwd Lt.
 Ct 4: Quick step on R in place.
 Ct &: Quick step on L In place.
 Ct. 5 to Ct.8: Repeat first 4 counts
 Ct. 9: Face center, Step on R in place
 Ct. 10: Touch L in place
 Ct. 11: Step fwd on L
 Ct. 12: Quick step on R in place.
 Ct. &: Quick step on L In place.
 Ct. 13: Step fwd on R
 Ct. 14: Quick step on L in place.
 Ct &: Quick step on R In place.
 Ct. 15: Step back on L
 Ct. 16: Step back on R
 Ct. 17 to 28 is exactly the same as Fig 1A.

ARABIM FELLAHI

(Southern Anatolia / Turkey – Ahmet Luleci)

Pronunciation: OA ra bam fell laa hee
 Translation: My Arabic farmer
 Music: 4/4 meter
 Formation: Semi Circle, Face LOD, Arms down, holding hands.

Pattern

INTRODUCTION *1 complete turn of the melody.*

Figure 1 (Face line of the direction, arms down V position)

Ct 1: Step on R diag. Rt.
 Ct &: Quick Step on L to diag. Rt.
 Ct 2: Step on R diag. Rt.
 Ct 3: Step on L diag. Lt.
 Ct &: Quick Step on R to diag. Lt.
 Ct 4: Step on L diag. Lt.
 Ct 5: Step on R fwd
 Ct 6: Step on L fwd
 Ct 7: Step on R facing center
 Ct 8: Touch L heel in place
 Ct 9: Step on L turning back in place (bent elbows from elbows)
 Ct 10: Touch R heel in place
 Ct 11: Step fwd on R (facing out)
 Ct &: Quick step on L fwd
 Ct 12: Step fwd on R
 Ct 13: Stamp on L heel in place
 Ct 14: Stamp on L heel in place
 Ct 15: Step back on L in place
 Ct 16: Step on R, as turning to center (from L shoulder)

- Ct 17: Step on L fwd
- Ct &: Quick step on R fwd (facing center)
- Ct 18: Step on L fwd
- Ct 19: Stamp on R heel in place
- Ct 20: Stamp on R heel in place
- Ct 21: Step on R to Rt in place bending knees down, Facing center
- Ct 22: Double bounce in place
- Ct 23: Step on L to Lt in place bending knees down, Facing center
- Ct 24: Double bounce in place

Figure 2 (Facing Center)

- Ct 1: Lift R and touch R toe in place
- Ct &: Quick step on R fwd
- Ct 2: Step fwd on L
- Ct 3 & 4: Repeat Ct.1 to Ct.2
- Ct 5: Step on R diag fwd Rt
- Ct &: Touch L toes behind R
- Ct 6: Lift L up
- Ct &: Step on L fwd
- Ct 7: Stamp on R fwd (keep weight on Lt)
- Ct 8: Step back on R
- Ct 9: Step back on L
- Ct 10: Step back on R
- Ct 11: Step back on L
- Ct 12: Step back on R
- Ct 13: Step on R to Rt in place bending knees down, Facing center
- Ct 14: Double bounce in place
- Ct 15: Step on L to Lt in place bending knees down, Facing center
- Ct 16: Double bounce in place

MAÇKA

(North of Anatolia / Turkey – Ahmet Luleci)

Pronunciation: Much koa
 Translation: Name of a town in Blacksea
 Music: 7/8 meter
 Formation: Semi Circle, Face Center, arms bent from the elbows, parallel to the ground, holding hands.

Pattern

INTRODUCTION *Introductory 16 cts.*

Figure 1 (Face center, arms bent from the elbows, parallel to the ground)

Ct 1: Step fwd on R.
 Ct 2: Step on L in place.
 Ct 3: Step back on R.
 Ct 4: Step on L in place.
 Ct 5: Bouncy Step on R to Rt.
 Ct 6: Step on L to Rt, next to R
 Ct 7: Dip step on R to Rt, lift L up a little
 Ct 8: Small hop on L in place, lift R up
 Ct 9: Step on R to Lt, crossing L
 Ct 10: Step on L in to Lt
 Ct 11: Step on R to Lt, crossing L
 Ct 12: Step on L in to Lt
 Ct 13: Step on R to Lt, behind L
 Ct &: Step on L to Lt
 Ct 14: Step on R to Lt, behind L
 Ct 15: Step on L in place, crossing R
 Ct 16: Lift R up in place.

****Each time the transition to go back to the beginning is in different time, please follow the music****

Presented by *Ahmet Lüleci* ©

2018

LONGA

(Northwest Anatolia / Turkey – Ahmet Luleci)

Pronunciation: Long AA
Translation: It means “Dance tune”
Music: 4/4 meter
Formation: Semi Circle, Face Center, Arms up W, holding hands.

Pattern

INTRODUCTION After *Introductory percussion measures*.

Figure 1 (Face center, arms up W position)

Ct 1: Step on R to Rt.
Ct 2: Step on L to Rt, crossing R.
Ct 3: Step on R to Rt.
Ct 4: Step on L to Rt, crossing R
Ct 5: Step on R in
Ct &: Quick step on L to Rt, in front of R in place
Ct 6: Step on R in place
Ct 7: Step on L in place
Ct &: Quick step on R to Lt, in front of L
Ct 8: Step on L in place

Figure 2A (Facing Center, arms up in W position)

Same as Figure 1

Figure 2B (Facing Center, arms up in W position)

Ct 1: Semi circle jumpy Step on R to fwd Rt

Ct &: Leap on L crossing R to Rt

Ct 2: Step on R in place

Ct 3: Semi circle jumpy Step on L to fwd Lt

Ct &: Leap on R crossing L to Lt

Ct 4: Step on L in place

Ct 5: Step back on R, twist L in the front

Ct 6: Step back on L, twist R in the front

Ct 7: Put feet together in place

Ct 8: Lift R up in place

***Alternate Figure 2A and figure 2B**

**** When you do it for the last time, as transition, on Ct.8. instead of lifting R up, lift L up****

Figure 3 (Facing Center, arms up in W position)

Ct 1: Step on L diag fwd to Rt

Ct &: Step on R diag fwd to Rt

Ct 2: Step on L diag fwd to Rt

Ct 3: Step back on R, twist L in the front

Ct 4: Step back on L, twist R in the front

Ct 5: Put feet together in place

Ct 6: Lift L back in place

**You go back to Figure 1 after this.

As a transition: on Ct.6 make your R foot free, instead of L**

YAGMUR YAGAR

Yagmur yagar yer yas olur	/	It rains and, wet everywhere
Raki içen anam, serhos olur	/	Who drinks raki, becomes drunk
Gelin olan ne hos olur	/	Who becomes bride, becomes beautiful
Anam anam garip anam	/	Mother, mother, my poor mother
Sevisirler anam iki canlar	/	Two souls make love, my mother
Anam anam garip anam	/	Mother, mother, my poor mother
Sen aglama anam dayanamam/		Don't cry my mother, I can't take it
Kizilciklar behar açar	/	Cranberries are blooming
Bu bekarlar anam deva saçar	/	These singles gives remedy
Gelin olan evden uçar	/	The ones becomes bride, flies away from home
Anam anam garip anam	/	Mother, mother, my poor mother
Sevisirler anam iki canlar	/	Two lovers make love, my mother
Anam anam garip anam	/	Mother, mother, my poor mother
Sen aglama anam dayanamam/		Don't cry my mother, I can't take it
Yagmur yagar ufak ufak	/	It rains slowly
Eli kina anam yüzü duvak	/	Henna on hand, veil on face, my mother
Evden çıktı salınarak	/	Left home with happy swing
Anam anam garip anam	/	Mother, mother, my poor mother
Sevisirler anam iki canlar	/	Two lovers make love, my mother
Anam anam garip anam	/	Mother, mother, my poor mother
Sen aglama anam dayanamam/		Don't cry my mother, I can't take it

Traditional (Trakia region)
Arranged by Muammer Ketencioglu

Helev

This dance comes from Siirt, Southeastern Turkey, done by Kurdish people.

Rhythm: 10/8 (1 2)

Formation: Hands held at waist level, elbows bent, long line or open circle.

Fig.

- 1 Facing ctr., Touch R heel slightly fwd(ct.1); Step on R diag.R fwd(ct.2)
- 2 Repeat Meas.1 with opp. ft – moving diag. R
- 3 Step on R bkwd(ct.1); Step on L nex to R(ct.2)
- 4 Step on R bkwd(ct.1); Bounce on R, bring L next to R(ct.2)
- 5 Step on L to L(cts.1,2)-L knee should be bouncing
- 6 Close R to L(cts.1,2)-both knees should be bouncing
- 7 Step on R to R(cts.1,2)- both knees should be bouncing
- 8 Step on L next to R(cts.1,2)-both knees should be bouncing

Extra-during the singing,

- 1-8 Repeat Fig.
- 9 Step on R fwd, keep L in the place(ct.1); Step back on L(ct.2)
- 10 Close R to L(ct.1); Hold(ct.2)

During the singing, alternate 8 Meas. and 10 Meas. each time.

Presented by Ahmet Lüleci

Gül Aliye

Turkey

This dance comes from Rumeli, Thrace part of Turkey.

Rhythm: 7/8 (1 2 3)

Formation: "W" hold, mixed line or open circle

Meas.

Fig. 1

- 1 Facing CCW., Slight lift on L and Step on R fwd(ct.1); Step on L, R fwd(cts.2,3)
- 2 Repeat Meas.1 with off. ft
- 3 Facing ctr., Slight lift on L and Step on R to R(ct.1); Step on L in front of R(ct.2); Step back on R in place(ct.3)
- 4 Repeat Meas.3 with opp. ft and direction
- 5 Step on R to R(ct.1); Step on L behind of R, bring arms down(cts.2,3)
- 6 Step on R to R(ct.1); Step on L in front of R, bring arms up(cts.2,3)
- 7-8 Repeat Meas.3-4

Fig. 2-A

- 1 Facing ctr., Lift on L, hook R ft in front(ct.1); Step on R fwd(ct.&); Lift on R, hook L ft in front(ct.2); Step on L fwd(ct.3)
- 2 Repeat Fig.1, Meas.3 but bring arms down on ct.2 and up on ct.3
- 3-4 Repeat Meas.1-2 with opp. ft
- 5 Slight Lift on L and Step on R to R(ct.1); Step on L in front of R(ct.2); Step back on R(ct.3)
- 6 Repeat Meas.5 with opp. ft and direction
- 7-12 Repeat Meas.1-6 going bkwd twd outside of the circle

Fig. 2-B

- 1-6 Repeat Fig.2-A, Meas.1-6
- 7 Slight lift on L and step on R next to L(ct.1); Step on L next to R(ct.2); Step on R in place(ct.3)
- 8 Repeat Meas.5 with opp. ft
- 9-16 Repeat Meas.1-8 going bkwd twd outside of the circle

sequence: Fig.1x2-Fig.2A-Fig.2B-Fig.1x2-Fig.2A-Fig.2B-Fig.1x2-Fig.2Bx2

Presented by Ahmet Lüleci

GÜN OLA

(Southern Anatolia / Turkey – Ahmet Luleci)

Pronunciation: Guun o laa
Translation: New day
Music: 4/84 meter *Gun ola / CD #8 – Track 4*
Formation: Semi Circle, Face LOD, Arms down, holding hands.

Pattern

INTRODUCTION *2 complete turn of the melody.*

Figure 1 (Face center)

Ct 1: Step on L to Rt, crossing R, bend knees down

Ct 2: Step on R to Rt, Straighten knees up.

Ct 3: Repeat Ct 1

Ct 4: Repeat Ct 2.

Ct 5: Repeat Ct 1

Ct 6: Repeat Ct 2

Ct 7: Kick L diag Rt in front of R

Ct 8: Stamp on L in place, keep body weight on R.

Figure 2A (Facing Center)

Ct 1: Step diag fwd on L to Rt. bend knees down

Ct &: Quick step on R next to L, knees up.

Ct 2: Repeat Ct.1

Ct 3: Step diag fwd on R to Lt. bend knees down

Ct &: Quick step on L next to R, knees up

Ct 4: Repeat Ct.3

Ct 5: Stamp on L in place

Ct 6: Hold position with a little bounce

Ct 7: Stamp on L in place

Ct 8: Turn back from Rt shoulder

Figure 2B (Facing Back)

Ct 1: Step fwd on L, bend knees down

Ct &: Quick step on R next to L, knees up.

Ct 2: Repeat Ct.1

Ct 3: Step fwd on R, bend knees down

Ct &: Quick step on L next to R, knees up

Ct 4: Repeat Ct.3

Ct 5 – Ct 8; Repeat Ct 1 - 4

ÜÇ KIZ BİR ANA

(Northeastern Turkey)

The dance is from the city of Artvin and the song is right form the border to Kars, known as a Kars tune. It is in the Horon style.

Pronunciation: Üch kiz beer aona

Translation: Three girls (daughters in this case) and a mother

Music: 10/8 meter

Formation: Semi Circle

Steps & Styling: Semi Circle, facing Center, arms bent from elbows, in W position.

Meas. 10/8 meter

Pattern

INTRODUCTION *One turn of the melody.*

FIG 1: Arms up in W position.

(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 back on R in place, face center

(ct.6); Step on L in place

(ct.&); Quick step on R in place

(ct.7); Step on L to Lt, facing center

(ct.8); Touch R toe, lift and pump it down in place, bounce arms in position and swing them down

(ct.9); Step on R in place, lift L up and pump it down, swing arms fwd and back

(ct.10); Step on L in place, lift R up and pump it down, swing arms fwd and back

(ct.11); Step on R in place, lift L up and pump it down, swing arms fwd and back

(ct.12); Step on L in place, lift R up and pump it down, swing arms fwd and up.

FIG 2: Arms up in W position, facing center

(ct.1); Step on R heel to Rt

(ct.&); Slide L behind R to Rt

(ct.2); Repeat ct.1

(ct.&); Repeat ct.2

(ct.3); Step on R to Rt

(ct.4); Touch L toe next to R in place

(ct.5); Step on L in place, lift R up and pump it down, swing arms down and back

(ct.6); Step on R in place, lift L up and pump it down, swing arms fwd and back

(ct.7); Step on L in place, lift R up and pump it down, swing arms fwd and back

(ct.8); Step on R in place, lift L up and pump it down, swing arms fwd and up

****Alternate FIG.1 and FIG.2 until you hear Zurna starts playing (and the there is no more vocal), do two more FIG.2 and then go back to Alternating****

*****Note that FIG.1 has 12 counts and FIG.2 has 8 counts.*****

VARDALI
(Northern Turkey)

Vardali is a dance from Blacksea in Horon style and from Laz culture.

Pronunciation: Vor da le

Music: 4/4 meter *Track 22*

Formation: Semi Circle

Steps & Styling: Semi Circle, facing Center, arms down in V position.

Meas. 4/4 meter

Pattern

INTRODUCTION *Two turns of the melody and 16 cts of drum intro.*

FIG 1: Arms down in V position. Face LOD.

(ct.1); Step on R fwd and bent knees softly to the Rt
(ct.2); Step on L fwd with straightening knees up
(ct.3); Repeat ct.1
(ct.4); Repeat ct.2
(ct.5); Repeat ct.1
(ct.6); Repeat ct.2
(ct.7); Repeat ct.1
(ct.8); Repeat ct.2

FIG 2: Arms down in V position. Face Center.

(ct.1); Step on R in place, swing arms fwd
(ct.2); Lift L up and pump it down, swing arms back
repeat these two counts 3 more times.

FIG 3: Arms down in V position. Face Center.

- (ct.1); Step on R to Rt
- (ct.2); Make a little circle with the L toe in place and kick it to Lt
- (ct.3); Step on L in place
- (ct.4); Touch R heel in place
- (ct.5); Repeat ct.1
- (ct.6); Repeat ct.2
- (ct.7); Repeat ct.3
- (ct.8); Repeat ct.4

FIG 4: Face Center.

- (ct.1); Jump on both fwd, arms start making a circle
- (ct.2); Jump on L back, lift R back, arms continue making circle
- (ct.3); Leap on R to Lt, arms do another circle
- (ct.4); Leap on L in place, arms finish second circle
- (ct.5); Repeat ct.1
- (ct.6); Repeat ct.2
- (ct.7); Repeat ct.3
- (ct.8); Repeat ct.4

The sequence is; 2 times FIG.1 and FIG.2

2 times FIG.3 and FIG.4

MAVILIM

(Central Anatolia / Turkey – Ahmet Luleci)

Pronunciation: Moa ve leem
Music: 4/4 meter *Mavilim / Pink CD #7 – Track 14*
Formation: Semi Circle, Little finger hold, arms up in W position, facing center moving Rt

Pattern

INTRODUCTION 8 cts (2 measures) with percussion

Figure 1

- Ct 1: Step on R slightly diag to Rt. Arms up in W position.
- Ct 2: Step on L crossing R. Arms up in W position.
- Ct 3: Step on R slightly diag to the Rt. Arms up in W position.
- Ct &: Quick step on L. Arms up in W position.
- Ct 4: Step on R slightly diag to the Rt. Arms up in W position.
- Ct 5: Step on L slightly diag to Rt, crossing R. Arms up in W position.
- Ct 6: Step on R to Rt. Arms up in W position.
- Ct 7: Step on L slightly diag to the Rt, crossin R. Arms up in W position.
- Ct &: Quick step on R. Start swinging arms down.
- Ct 8: Step on L slightly diag to the Rt. Arms continue going down and back

Figure 2

- Ct 1: Step on R to Rt. Swing arms back to forward.
- Ct 2: Step on L behind R. Swing arms back.
- Ct 3: Step on R to Rt. Swing arms forward.
- Ct 4: Lift L up and pump it down. Swing arms back.
- Ct 5: Step on L in place, swing arms forward.
- Ct 6: Lift R up and pump it down. Swing arms back.

Do this step twice. On the second time, on Ct 2, “Step on L crossing R”

Presented by *Ahmet Lüleci* © 2012

MORI

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

Pronunciation: Mo re
Translation: Young girl
Music: 9/8 meter *Mori / Pink CD #7 – Track 15*
Formation: Semi Circle, Face LOD, Hands on W position.

Pattern

INTRODUCTION *2 measure of 9/8*

Figure 1 (Face Line of the direction.)

Ct 1: Step on R fwd LOD. Arms down in V position
Ct 2: Step on L fwd LOD, Arms down in V pos.
Ct 3: Step on R fwd LOD. Arms down in V pos.
Ct 4: Lift L up in front of R. Arms down in V pos.
Ct &: Quick step on L fwd LOD. Arms down in V pos.

Figure 2A (Facing Center, arms up W position)

Ct 1: Step on R to diag. Lt. Arms up W position.
Ct 2: Step on L in place on diag Lt position.
Ct 3: Hold position in place, lift R up, bounce on L
Ct 4: Hold position in place, lift R up, bounce on L,
Ct &: Quick step on R facing center

Figure 2B (Facing Center, arms up W position)

Everything is exactly the same as Figure 2A but opposite direction with opposite footwork.

Figure 3A (Face Line of the direction. Arms down in V position)

Ct 1: Lift R up in place facing LOD.

Ct 2: Step on R fwd LOD,

Ct 3: Step on L fwd LOD.

Ct 4: Lift R up in front of R.

Ct &: Quick step on R fwd LOD.

Figure 3B (Face Line of the direction.)

Everything is exactly the same as Figure 3A but with opposite footwork.

Figure 4A (Facing Center, arms up W position)

Ct 1: Step on R to diag. Lt.

Ct 2: Step on L in place on diag Lt position.

Ct 3: Hold position in place, lift R up, bounce on L

Ct 4: Hold position in place, bring R up and behind L, bounce on L,

Ct &: Quick step on R facing center

Figure 4B (Facing Center, arms up W position)

Everything is exactly the same as Figure 2A but opposite direction with opposite footwork.

BITLISTE BES MINARE

(Eastern Anatolia / Turkey – Ahmet Luleci)

Pronunciation: Beat lec ta Bash Me nae ra

Music: 5/8 meter *Bitliste Bes Minare / Pink CD #7 – Track 5*

Formation: Straight line, facing center, Arms down interlock the fingers

Pattern

INTRODUCTION Start dance *after a long improvisational music.*

Figure 1

Ct 1: Step on R fwd. Bounce on knees.

Ct 2: Step on L fwd. Bounce on knees.

Ct 3: Step on R fwd. Bounce on knees.

Ct 4: Touch L toe in place, small lift and pump it down

Ct 5: Step back on L. Bounce on knees.

Ct 6: Step back on R. Bounce on knees.

Ct 7: Step back on L. Bounce on knees.

Ct 8: Touch R toe in place, small lift and pump it down

****In between the singing part, bend body forward as you go forward and straighten up as you move back****

Presented by *Ahmet Lüleci* © 2012

ALAYLAR - ARZU ILE KAMBER

(Northwest of Turkey)

Hora / Karsilama region from Trakya, northeastern Turkey.

Pronunciation: A loy lor - R zoo ela come bar

Music: 7/8 meter *Track 3*

Formation: Semi Circle, arms either in W position or on shoulders on the first part and down on V position in the fast part.

Steps & Styling: Semi Circle, facing center but moving LOD.

Meas 7/8 meter

Pattern

INTRODUCTION *Four 7/8 with drums.*

FIG 1: ARMS *Little fingers hold, arms in W position, facing center.*

1-8 Step fwd on R (ct 1&2); quick step in place on L (ct 3); Quick Step on R to the Rt on R (ct 4); Step fwd on L (ct 5&6); quick step in place on R (ct 7); Quick Step on L to the Rt on R (ct 8);

****Repeat this step twice.****

FIG 2: Facing center, connected with fingers.

1-8 Step on R to the Rt, bend knees (ct 1); Quick touch on L toe behind R and lift it up in the front (ct 2&3&4); Step forward on L (ct 5); Lift R up (ct 6); hold position (ct 7&8);

9-12 Bring R behind L (ct 9); Quick step on R behind (ct 10); Quick Step on L in pace (ct 11); Step on R in place (ct 12)

13-16 Bring L behind R (ct 13); Quick step on L behind R (ct 14); Quick Step on R in place (ct 15); Step on L in place (ct 16)

FIG 2B: *Facing Center, arms down in V position, Facing LOD*
Same as FIG.2 but everything in running style.

FIG 3: *Facing Center, arms down in V position.*

1-8 Step on R to the Rt (ct 1); Step on L to Rt (ct 2); Step on R (ct 3); Touch L next to R in place (ct 4); Step on L to Lt (ct 5); Touch R next to L in place (ct 6) Put feet together in place (ct 7); hold position (ct 8)

FIG 3B: Everything is same as FIG 3 but running style.

FIG 4: Facing Center, arms down in V position.

1-8 Jump on both as opening both feet to the sides in place (ct 1); Hop on L in place, kick R diag. fwd to Rt (ct 2); Leap on R to Rt (ct 3); Quick Step on L in front of R (ct &); Step on L in place (ct 4); Leap on L to Lt (ct 5); Quick Step on R in front of L (ct &); Step on R in place (ct 6); Jump on both in place (ct 7); hold position (ct 8)

Yağmur Yağar

Turkey

This dance is from Trakya-Northwestern part of Turkey, done by immigrants from Macedonia.

Rhythm: 7/8 (1, 2, 3)

Formation: "W" hold, open circle

Intro.

1-8 Wait

Fig. 1

1-2 Facing CCW, Step on R(cts.1,2); L(ct.3)fwd; Step on R,L fwd(cts.1,2); Step on R fwd(ct.3)

3-4 Repeat Meas.1-2, with opp. ft

Fig. 2

1-4 Facing and moving to ctr., Repeat Fig.1, Meas.1-4

5 Step on R fwd, arms down to waist level(cts.1,2); Step back on L, arms back on "W" hold(ct.3)

6 Step on R,L in place(cts.1,2); Step on R slightly fwd(ct.3)

7-8 Repeat Fig.2, Meas.5-6 with opp. ft

9 Step on R to R, start moving arms down(cts.1,2); Step on L to R(ct.3)

10 Step on R next to L, bring arms up to "W" hold(ct.1); Step on L next to R(ct.2); Step on R in place(ct.3)

11-12 Repeat Fig.2, Meas.9-10 with opp. ft and direction

13-16 Repeat Fig.2, Meas.9-12

17-32 Repeat Fig.2, Meas.1-16 but Meas.1-4 should move bckwd(twd. outside)

Presented by Ahmet Lüleci