

# Ashtaraki Par

(Armenia)

Source: Vaspourakan, historical West Armenia.

Translation: Dance from Ashtarak, a city north of Yerevan. The original title "Majmoege" comes from Kurdish and means literally "long." Kurdish linguists note that it also means "dance." In Armenia the nickname for this dance is "Two forward and one back." This structure can be found in the pattern of the dance.

Pronunciation:

Cassette: "Ararat-Armenian Dances"

4/4 meter and 6/8 meter.

Formation: Short lines, hands linked, L hand on lower back, facing LOD.

Meas Ct

Pattern

8 meas

INTRODUCTION. No action.

FIGURE 1. (4/4 meter)

- |   |     |   |
|---|-----|---|
| 1 | 1   | Step on R to R.   |
|   | 2   | Bend R knee, lift L leg (from the knee down) behind.  |
|   | 3   | Step on L.  |
|   | 4   | Bend L knee, lift R leg (from the knee down) behind.  |
| 2 | 1   | Step on R and face ctr, arms sway slightly fwd.   |
|   | 2   | Rest.   |
|   | 3   | Touch ball of L ft far behind, leg stretched, arms sway behind, bend upper body 30° fwd.                          |
|   | 4   | Rest.   |
| 3 | 1   | Step fwd on L, arms sway fwd, upper body back to straight pos.  |
|   | 2   | Rest.   |
|   | 3   | Touch ball of R ft beside L through a "back cycling" movement, arms ending (from sway fwd) in vertical pos.       |
|   | 4   | Rest.   |
| 4 | 1   | Step bkwd on R.   |
|   | 2   | Rest.   |
|   | 3-4 | Repeat meas 3, ct 3-4.  |
| 5 | 1   | Repeat meas 3, ct 1, make 1/4 turn CW, end facing LOD, arms sway fwd.   |
|   | 2   | Touch ball of R ft beside L, the arms end in a horizontal pos pointing L, R elbow bent, R hand in front of chest. |
|   | 3   | Step on L in place, turning 180° CCW, end facing RLOD, arms moving horizontally fwd.                              |
|   | 4   | Touch ball of L ft beside R, arms end in a horizontal pos pointing R, L elbow bent, L hand in front of chest.     |

## Ashtaraki Par—continued.

- |   |   |  |
|---|---|--|
| 6 | 1 | Step on L to L.  |
|   | 2 | Rest.  |
|   | 3 | Touch ball of R ft beside L through a "back cycling" movement. |
|   | 4 | Rest.  |

**FIGURE 2.** (6/8 meter)

Note: the music changes into a 6/8 meter, the steps are identical to the ones in Fig 1 until meas 5, ct 1-2, adjusting to the change in measure.

- |   |     |  |
|---|-----|--|
| 6 | 1-3 | Jump on R, turn 1/4 CCW to face ctr, touch ball of L ft, heel turned inward, across R, arms pointing horizontal R, L elbow bent, L hand in front of chest, R arm horizontal R. |
|   | 4-6 | Repeat cts 1-3 with opp ftwk and movements.  |

**FIGURE 3.** (6/8 meter)

- |   |     |   |
|---|-----|---|
| 1 | 1   | Hop on L, arms sway back in V pos.  |
|   | 2-3 | Step on R to R, arms sway fwd, on ct 3 they are fwd.                        |
|   | 4-6 | Cross L over R, knees slightly bent, arms sway behind.                      |
| 2 | 1-3 | Step on R to R, lift L, arms sway fwd, on ct 3 they are fwd.                |
|   | 4-6 | Stretch L leg ("kick") across R, arms sway behind, on ct 6 they are behind. |
| 3 |     | Repeat meas 2 with opp ftwk.  |

**SEQUENCE.**

Fig I six times.

Fig 2 eight times.

Fig 3.

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