

Guhnega

կընիկը

(Armenia)

These notes by Andrew Carnie ©2014. Tom Bozigian learned this dance from the Armenian Youth Organization of Los Angeles. It's part of the dance tradition of the Armenian Diaspora in the US.

Formation: Open Circle, pinky finger hold, W position.

Meter: 2/4

The original 7 bar dance:

Bar 1: Cross L over R, Arms lower forward to be parallel to the floor (1), Step R to R, arms return to vertical (2)

Bar 2: repeat bar 1

Bar 3: repeat bar 1

Bar 4: Touch L toe forward (1), touch L toe to L (2)

Bar 5: Touch L toe forward (1), Step on L next to R (2)

Bar 6: Touch R toe forward (1), Step on R next to L (2)

Bar 7: Touch L toe forward (1), touch L toe to L (2)

The 8 bar dance common in many US folk dance communities.

Bar 1: Cross L over R, Arms lower forward to be parallel to the floor (1), Step R to R, arms return to vertical (2)

Bar 2: repeat bar 1

Bar 3: repeat bar 1

Bar 4: repeat bar 1

Bar 5: Touch L toe forward (1), touch L toe to L (2)

Bar 6: Touch L toe forward (1), Step on L next to R (2)

Bar 7: Touch R toe forward (1), Step on R next to L (2)

Bar 8: Touch L toe forward (1), touch L toe to L (2)

