

# Hej Par

(Armenia)

Source: Elements from a choreography of the "Hayastan" Ensemble from Yerevan. Choreographed by Tineke van Geel.

Translation: The dance "Hej."

Pronunciation:

Cassette: "Ararat-Armenian Dances"

4/4 meter.

Formation: Short lines of about seven people, "T" hold (hands on shldr).

Meas Ct

Pattern

4 meas INTRODUCTION. No action.

## FIGURE 1.

- |     |   |  |
|-----|---|--|
| 1   | 1 | Step on L to L to face L.  |
|     | 2 | Place R heel (leg straight) fwd to the floor, L knee is bent.  |
|     | 3 | Turn on L ft to LOD (stretch L knee), while moving R from L to LOD through the air, knee bent, while the part of the R leg from the knee down is making a small circle outward passing the L calf. |
|     | 4 | Place R heel (leg straight) in LOD to the floor.   |
| 2   | 1 | Leap onto R.   |
|     | 2 | Leap onto L.   |
|     | 3 | Place R beside L, ft in open pos, bend both knees and stretch again.   |
|     | 4 | Bounce on balls of both ft.  |
|     | & | Bounce on balls of both ft.  |
| 3-8 |   | Repeat meas 1-2 three times (4x in total).   |

## FIGURE 2.

- |     |   |   |
|-----|---|---|
| 1   | 1 | Bend both knees and stretch again.                            |
|     | 2 | Bounce on balls of both ft.                                   |
|     | & | Bounce on balls of both ft.                                   |
|     | 3 | Bend both knees.  |
|     | 4 | Stretch L knee, while the R ft is lifted behind L knee.       |
| 2   | 1 | Leap onto R to R, while L is 45° lifted fwd above the floor.  |
|     | 2 | Leap onto L across R, while the R ft is lifted behind L knee. |
|     | 3 | Repeat meas 2, ct 1.  |
|     | 4 | Repeat meas 2, ct 2.  |
| 3-8 |   | Repeat meas 1-2 three times (4x in total).                    |

Hej Par—continued.

**FIGURE 3.**

- |     |     |  |
|-----|-----|--|
| 1   | 1-2 | Repeat Fig 2, meas 2, cts 1-2.                                   |
|     | 3   | Step on R slightly behind to R, L remains (without wt) on floor. |
|     | 4   | Put wt on L, bounce on ball of L ft.                             |
|     | &   | Bounce on ball of L ft.  |
| 2   | 1   | Step on R, while L is lifted (L knee 90° up).                    |
|     | 2   | Kick L down above floor, while bouncing on R.                    |
|     | 3   | Step on L, while R is lifted (R knee 90° up).                    |
|     | 4   | Kick R down above floor, while bouncing on L.                    |
| 3-6 | 1   | Repeat meas 1-2 twice (3x in total).                             |
| 7   |     | Repeat Fig 3, meas 1.  |
| 8   | 1   | Step on R, while L is lifted (L knee 90° up).                    |
|     | 2   | Kick L down above floor, while bouncing on R.                    |
|     | 3   | Leap onto L in place.  |
|     | 4   | Leap onto R in place.  |

**END.**

End with Fig 4, meas 8, cts 3 and 4 are replaced by:

- |   |  |
|---|--|
| 3 | Jump on L in place, lift R sharply behind. |
| 4 | Place R heel fwd to the floor.             |

Description written by Tineke van Geel  
Presented by Tineke van Geel