

Laz Bar (Armenian/Turkish)

Dance of the Laz People
 Hands held at Shoulder Height (W position)
 Rhythm 7/8 (QQS)

Bar	Q	Q	S
1	R	L	R
	→	●	●
2	L	R	L
	←	●	●
3	R	L	R
	↑	●	●
4	L	R	L
	↓	●	●
5	R	L, body bends forward at waist	
	→	↗	
6	R	L, body bends forward at waist	
	→	↗	

notes by Andrew Carnie (2001)