

## Lourke

(Armenia)

Translation: "cradle for babies." The original word comes from Kurdish and means a rocking up and down movement, Source: Vaspourakan region, historical West-Armenia, traditional dance

Pronunciation:

Music: "Ararat - Armenian dances" 4/4, 6/8 meter

Formation: Little fingers interlocked in W pos, open circle, facing ctr.

### Meas

### Pattern

4 meas INTRODUCTION

4/4 meter SLOW PART

- 1 Ft in closed pos, bend both knees (ct 1); stretch both knees (ct &); repeat cts 1, & three times (total 4 times)(cts 2-4).
- 2 Repeat meas 1, cts 1&, but turn on both heels to diag R, both ft pointing diag R (cts 1,&); repeat meas 1, cts 1,&, turn on both ft to ctr (cts 2,&); repeat meas 2, cts 1& 2 &, in opp direction (cts 3-4).
- 3 Step fwd on R, R shldr moving fwd with small accent (ct 1); step back on L (ct &); step on R beside L (ct 2); step fwd on L, L shldr moving fwd with small accent (ct 3); step back on R (ct &); step on L beside R (ct 4).
- 4 Step on R to R (ct 1); step on L across behind R, arms sway down (ct 2); step on R (ct 3); step on L beside R, arms coming back to W pos (ct 4).

6/8 meter FIGURE 2 (FAST PART)

- 1 Step fwd on R heel, arms come fwd in a horizontal pos to ctr (cts 1-2); take wt back on L (ct 3); step on R beside L, arms back to W pos (ct 4).
- 2 Repeat meas 1 with opp ftwk.
- 3 Chug on both ft slightly diag R fwd (cts 1-3); chug bkwd on both ft to ctr pos (cts 4-6).
- 4 Repeat meas 3, cts 1-3, with opp ftwk (cts 1-3); leap onto L, L ft ctr, lift R ft behind (cts 4-6).
- 5 Hop on L, touch R heel fwd to floor (ct 1-3); leap onto R (cts 4-6).
- 6 Repeat meas 5 with opp ftwk.
- 7 Hop on L (ct 1); step on R to R (cts 2-3); cross L behind R (cts 4-6). During meas 7, the arms sway down.
- 8 Hop on L (ct 1); step on R to R (cts 2-3); cross L over R (cts 4-6). During meas 8, the arms sway back to W pos.

Presented by Tineke van Geel  
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