

Ounous

(Armenia)

Source: Pedagogical Institute in Yerevan. Dance from Sasoun (east Turkey, former West Armenia). The figures danced on the second musical phrase are not traditional.

Pronunciation:

Music: "Hayastan-Armenian Dances" 6/8 meter

Formation: Short lines, hands joined (R one "on top"), L arm stretched sideways to L, R elbow bent, R hand at chest level, facing LOD.

Meas Ct Pattern

INTRODUCTION. None.

FIGURE.

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|-----|-----|--|
| 1 | 1-2 | Accented step on R to R (R knee stretched). |
| | 3 | Accented step on L to R. |
| | 4 | Accented step on R to R (R knee stretched). |
| | 5-6 | Close ball of L ft beside R without wt, while bending both knees and doing a chug fwd on both ft. |
| 2 | 1-2 | Accented step bkwd on L (L knee stretched), ball of R ft following in a sliding movement bkwd. |
| | 3 | Accented step bkwd on R. |
| | 4 | Accented step bkwd on L. |
| | 5-6 | Touch ball of R ft across L.
During meas 2, the arms come to a "V" pos. |
| 3-4 | | Repeat meas 1-2. On ct 1 of meas 3 the arms come back to their orig pos. |
| | 5 | Repeat meas 1, the arms move to a high raised "V" pos. |
| | 6 | Repeat meas 1 with opp ftwk, the arms stay in high pos. |
| 7 | 1-2 | Step on R across L, while turning 3/8 CCW (R shldr pointing twd the ctr), the arms come in "Debka pos" (R hand at back). |
| | 4-5 | Shift wt slightly bkwd on L. |
| | 6 | Lift R ft beside L knee.
During meas 7 cts 4-6, the body comes back to ctr pos, the arms in "W" pos. |
| 8 | 1-2 | Touch R heel to floor in front. |
| | 3 | Lift R slightly above the floor. |
| | 4-5 | Touch R heel to floor (at the same place as previous touch). |
| | 6 | Lift R slightly above the floor |
| 9 | | Repeat meas 1 twd ctr.
During the first 3 cts of meas 9, the arms go to "V" pos. |
| 10 | 1-3 | Step on L across R while turning 1/2 CW, end facing outside. |
| | 4-6 | Touch ball of R ft beside L.
During meas 10, the L arm comes over head, ending arms crossed fwd at waist level. |
| | | Repeat meas 1 facing outside. |
| 11 | | Repeat meas 1 facing outside. |
| 12 | 1-3 | Step on L slightly to L, while turning 1/2 CCW, end facing inside. |
| | 4-6 | Touch ball of R ft beside L.
During meas 12, the arms come back to "V" pos ("turn out"). |

Repeat from the beginning, bringing the arms to their original pos at meas 1, ct 1.

Presented by Tineke von Geel