

Kara Tren

(Turkey)

Translation: Black Train.

Pronunciation: KAH-rah TEH-ren

Music: Turkish Dances No. 3, Band 8

9/8 meter

Formation: Semi circle, arms free or joined in V-pos.

Cts

Pattern

FIGURE I

- 1 Bend both knees, bringing L arm up and R arm back.
- 2 Step fwd on L and switch arms.
- 3 Step fwd on R, bringing L arm fwd and R arm back.
- 4 Hold body wt on R and lift L in front of R, switching arms again.
- & Quick step fwd on L, both arms down.

FIGURE IIA

- 1 Leap fwd on R, L arm in front, R arm in back.
- & Leap fwd on L, bringing ft together.
- 2 Leap fwd on R, switching arms.
- 3 Leap fwd onto L, switching arms (L is now in back).
- 4 Hop on L in place, lifting R in front of L.
- & Step on R in front, switching arms.

FIGURE IIB

- 1 Hop on R in place, start bringing L behind R, R arm front.
- 2 Hop on L behind R, pushing R fwd, switching arms.
- 3 Leap fwd on R, switching arms.
- 4 Hop on R in place, lifting L in front.
- & Quick step fwd on L, switching arms.

Optional Variation for Fig IIA (for men):

- 1-2 Repeat Fig IIA.
- 3 Squat, facing LOD.
- 4, & Straightening knees, hop on R in place.

Described and Presented by Ahmet Lüleci, © 2002