

Men Gülem

(Azeri, N.E. Turkey)

Pronunciation: MAHN goo-LAHM

Music: Ahmet Lüleci Teaching CD #5.

6/8 meter

Formation: Semi circle, arms free.

Cts

Pattern

INTRODUCTION One time through the melody.

FIGURE 1

Facing LOD, R arm is raised, bent from elbow, and L arm is down, open to 45 degrees.
Change arm pos to opp on ct 4.

- 1 Step on R diag R.
- 2 Step on L in front of R.
- 3 Step on R diag R.
- 4 Raise L and change body pos to diag L.
- 5 Step on L diag L.
- 6 Step on R in front of L.
- 7 Step on L diag L.
- 8 Raise R and change body pos to diag R.

FIGURE 2

Facing ctr, arms down.

- 1 Jump fwd onto both ft, R slightly in front, pushing arms in front from bent elbows to down.
- 2 Hop back on R, moving arms up to bent elbows pos again.
- 3 Jump fwd onto both ft (repeat arms as in ct 1).
- 4 Hop back on R (repeat arms as in ct 2).
- 5-8 Repeat cts 1-4.

FIGURE 3

Facing ctr, R arm is above shldr level, L arm is bent from the elbows on belly level, palm facing down.

- 1 Jump onto both in place.
- 2 Hop on R in place, kicking L fwd, turning body slightly to L.
- 3 Jump onto both in place.
- 4 Hop on L in place, kicking R fwd, turning body slightly to R.
- 5-8 Repeat cts 1-4.

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