

# Pestemal

(Turkey)

Translation: *Pestemal* means apron in Black Sea.

Pronunciation:

Music: Turkish Dances No. 3, Band 17

7/8 meter

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

Cts

Pattern

## FIGURE I (Siksara)

- 1 Arms bent at elbows, facing ctr, step on R to R.
- 2 Touch L heel next to R.
- 3 Step on L to L.
- 4 Touch R heel next to L.
- 5 Step fwd on R.
- 6 Kick L fwd in semi-circular motion.
- 7 Step fwd on L.
- 8 Touch R heel behind L.
- 9 Step bkwd on R.
- 10 Step bkwd on L.

## FIGURE II (Al asagi—used only once as a transition)

- 1 Place R flat in front; straightening elbows.
- 2 Step on R in place and lift L back; start dropping arms down.
- 3 Touch L heel in front.
- 4 Step bkwd on L.
- 5 Step on R in place; bringing arms up (bent at elbow).
- 6 Step on L in place; dropping arms down.

## FIGURE III (Yenlik)

- 1 Step bkwd on R, facing diag. L, body slightly bent.
- & Step on L toe keeping body bent.
- 2 Step on R keeping body bent.
- 3 Step on L in place, facing L.
- & Step on R keeping body bent.
- 4 Step on L keeping body bent.
- 5-6 Repeat cts 1-2, facing diag L.
- 7-8 Repeat cts 3-4, facing center
- 9 Step back on R, bringing arms up, bent at elbows.
- 10 Step back, bringing arms down to original position.  
From this step, do Fig II again, then Fig I.

Described and Presented by Ahmet Lüleci, © 2002