

## 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.

- |     |     |  |
|-----|-----|--|
| 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.<br>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.<br>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.<br>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.<br>During meas 10, the L arm comes over head, ending arms crossed fwd at waist level.       |
| 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.<br>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