

# Basamian Bar

*Armenian*

## History

This is an Armenian dance that I learnt from Laura Shannon.

## Rhythm

The music is in 10/8 but don't worry about it. The first couple of steps are quick-slow, the rest are all slow. Just follow the music.

## Steps

The dance is done in a circle or open circle, arms in a W hold, facing right.

Lift the right foot (quick), then take a small step forward (slow). Close the left beside the right (quick), then replace the right (slow). Do this twice, while making small circular movements with the hands.

Turning to face centre, step to the side with the right foot, then cross the left behind the right while gently lowering the arms. Step to the side with the right and close the left beside the right, while slowly raising the arms back into a W hold.

Step forwards (towards the centre) with the left, then close the right beside the left, while slowly lowering the arms down to a V hold.

Step back with the right, then close the left beside the right, while raising the arms back into a W hold.

Step to the side with the left foot, then cross the right behind the left while gently lowering the arms. Step to the side with the left and close the right beside the left, while slowly raising the arms back into a W hold.

## Music

Armenian Medley in 10/8 from **Music from the Armenian Diaspora** by John Bilezikjian.

Dance description by Andy Bettis 5/2006