

DILGEŞ

Pronunciation: del gash
Origin: East (Kurdish)
Meter: 4/4
Music: Teaching cd #5
Formation: Semi circle, arms down, elbows bent and interlock the fingers.

P A T T E R N

INTRO: One complete turn of the melody

FIG.1

- ct.1 Step on R to diagonally Rt.
- ct.2 Step on L in front of R.
- ct.3 Step on R to diag. Rt.
- ct.4 Lift L up and pump it down, little hop on R in place
- ct.5 Step back on L as bounce knees down
- ct.6 Quick bounce with knees in position
- ct.& Quick bounce with knees in position
- ct.7 Slow bounce with knees in place
- ct.8 Little hop on L in place and lift R up

FIG.2

Face line of the direction, body bent slightly, L elbow bent in the back

- ct.1 Step on R fwd
- ct.2 Step on L fwd
- ct.3 Step on R fwd
- ct.4 Lift L up to displace Rt in front of R
- ct.5 Touch L heel in place
- ct.6 Lift L up to displace Rt in front of R
- ct.7 Touch L heel in place
- ct.8 Large Step fwd on L

FIG.3

Face line center

- ct.1 Step on R to Rt, diag. fwd
- ct.2 Step on L to Rt, diag. fwd
- ct.& Quick step on R to Rt, diag. fwd
- ct.3 Step on L to Rt, diag. fwd
- ct.4 Step on R to Rt, diag. fwd
- ct.& Quick step on L to Rt, diag. fwd
- ct.5 Step straight back on R, bend knees down
- ct.6 Step straight back on L
- ct.7 Step straight back on R, bend knees down
- ct.8 Step straight back on L