



# Laz Bar ~

The region of Trebizond, which lies north of Historic Armenia, had a large Armenian population which dated back to the Roman Empire. The "Lazi Armenians", like their Pontic Greek and moslem Lazi neighbors, danced with intense body shimmys and quick nervous movements. In the mid 19th century many Armenians from Trebizond migrated south into Sepastia and Erzerum to escape Circassian brigands. They brought their dances with them, spreading Laz Bar over a wide area of Armenia.

The original survivors are gone now, or are too old to dance. Their dances remain popular in America, however, though the intense Lazi style has evolved here. These LAZ BARS can be seen in most American-Armenian communities, in a variety of different forms. The LAZ BAR described here combines steps from several communities.

Source: Armenian communities of Watertown, Mass., Whitensville, Mass., Providence, R.I., New York, Detroit, and Richmond. Particular thanks to Armen Javian, Murad Peligian, Margaret Stepanian, Arsen Anoushian, Esther Vosgerchian, Alice Shahinian, and Hye Sourp (Rev.) Yervant Samourian.

Music: Dance Armenian Side A band-2,  
Oasis Side B band-3  
or any good 7/8 "Laz Bar" recording.

Style: Erect relaxed carriage.

Formation: Open circle in "Armenian hold" (little fingers interlocked with hands held at shoulder height).

<u>Meas.</u>	<u>Cts.</u>	<u>Movements</u>
		<u>note:</u> There is no set pattern or order for these steps. The line's leader establishes the step used.

		<u>BASIC</u>
1	1&2	Step RLR in place (cts. 1&2).
2	3&4	Step LRL in place (cts. 3&4).
3-4	5-8	Repeat Meas 1,2 (cts. 5-8)
5	9,10	Step R to right (ct. 9), Step L over R (ct. 10). REPEAT UNTIL LEADER CHANGES STEP

		<u>FORWARD AND BACK</u>
1-3	1-6	Same as in BASIC step (cts. 1-6).
4	7&8	Step LRL across R to right diagonal (cts. 7&8)
5	9,10	Step back R to right diagonal bwd (ct. 9). Step L behind R (ct. 10). REPEAT UNTIL LEADER CHANGES STEP.

(OVER)

**LAZ BAR (cont.)**

1-4	1-8	<u>CROUCH</u>
5,6	9-12	Same as in BASIC step (cts. 1-8). Crouch over as walk to right. Step R to right (ct. 9). Step L over R (ct. 10). Step R to right (ct. 11). Hold (ct. 12). <u>note:</u> on cts. 9-12, the arms swing down to sides still joined, and the body faces to right.
7-9	13-18	Turning to face left, step L to left (ct. 13). Lift R beside left knee (ct. 14). Step R over L (ct. 15). Lift L beside right knee (ct. 16). Step L to left (ct. 17). Lift R beside left knee (ct. 18). <u>note:</u> remain in low crouch throughout cts. 9-18. REPEAT UNTIL LEADER CHANGES STEP.

		<u>TRAVEL</u>
1	1&2	Step RLR in place (cts. 1&2).
2	3&4	Step LRL across R to right diagonal (cts. 3&4).
3	5,6	Step back R to right diagonal bwd (ct. 5). Step L behind R (ct. 10). REPEAT UNTIL LEADER CHANGES STEP

Presented by Arsen Anooshian at Maine Folk Dance Camp 1986

