

Laz Bar

armenian

History

This is an Armenian dance, I learnt this version from Laura Shannon.

Rhythm

The music starts off in 7/8 (quick, quick, slow or 2-2-3). It often changes to 4/4 in the middle, but the rhythm is still quick, quick, slow.

Steps

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

Take a very small step to the side with the right foot, turning to face diagonally to the left, while extending the arms to the right. Close with the left, then replace the right.

Do this all in reverse to the left, then to the right, then to the left.

Take a very small step forward with the right, extending the arms forward. Close with the left, then replace the right.

Step back with the left, bringing the arms back to a W. Close with the right, then replace the left.

Take a slow step to the side with the right, the cross in front with the left, lowering the arms. Repeat this, bringing the arms back up for the side step.

Music

Laz Bar 7/8 from Kef Time by Richard Hapogian.

Dance description by Andy Bettis 5/2006