

## MENIM BALAM

Menim Balam, which translates as "my baby" is an Azerbaijani women's dance. The music is a lullaby in which the mother and the child converse back and forth. Erument learned this dance in Turkey in 1987 from the visiting Azerbaijani state artists from the Soviet Union. The dance was first introduced to the U.S. in New York, in March 1988.

Pronunciation : Me-nym Ba-lum  
Meter : 4/4  
Formation : Line or circle, no hand holds.  
Styling ; Feminine, soft and delicate.

### Measures

### Pattern

#### Figure 1

1 Facing center, arms held on sides, palms facing down w/ middle fingers pointing pointing down and the rest pointing away, step R (1,2); weight on R, pause (3,4).  
2 Put weight on L after a dip (1,2); weight on L (3,4).  
3-8 Rep. meas. 1-2 three times.

#### Figure 2

9 Facing center, step R (1); step beside R w/ L (2); step R (3,4).  
10 Touch w/ L toe in front of R (1-4).  
11-12 Rep. 9-10 w/opp. footwork.  
13-16 Rep. 9-12.

#### Figure 3

17 On the balls of the feet, moving towards the center, step R (1); step L (2); step R (3); step beside R w/ L, putting the heels down (4).  
18 Bend knees slightly (1,2); straighten knees (3,4).  
19 Rep. cts. 1-3 of meas. 17, going back (1-3); place feet together (4).  
20 Draw w/ knees a semi circle in CW (1-4).  
21-24 Rep. meas. 17-20.

#### Figure 4

25 Lifting 1 arm, elbow at shoulder level, palm facing self, middle finger pointing in, the rest out, turning CW, step R (1); still turning CW, step beside R w/ L (2); rep. cts. 1&2 still turning CW (3,4).  
26 Rep. cts. 1&2 of meas. 25. (1,2); step R to face center (3); touch w/ L away from R (4).  
27-28 Rep. meas. 25-26, turning this time CCW, using opp. footwork, same fingering.  
29-32 Rep. meas. 25-28.  
33-88 Rep. meas. 5-32 twice.  
89-104 Rep. meas. 1&2 eight times (hold your R hand w/L).  
105-132 Rep. meas. 5-32.  
133-134 Rep. meas. 25-26.  
135-on w/ the slowing music hold your own R hand w/ L hand, sway R & L once and stop.