

SEPASTIA BAR - Armenia
(Line dance, no partners)

Record: Folkraft 1529x45A

Starting Position: "W" position: Elbows bent, little fingers
linked at shoulder height. Right foot free.

Music 2/4

Measure

VARIATION I

- 1 - 3 Facing slightly and moving right, three STEP-FLEXes
(right, left, right) forward.
4 FLEX right knee (counts 1-and),
TOUCH left foot slightly forward without taking
weight (count 2).
5 - 8 REPEAT measures 1-4 reversing direction and footwork.

VARIATION II

As I above except TWO-STEP instead of STEP-FLEX
(measures 1-3 and 5-7).

VARIATION IIIa

As II above except with special hand movements as
follows:

- 1 Release hands and, elbows still bent but right forearm
straight up and left hand below right elbow, rotate
wrists so thumbs move forward.
2 Reverse so left forearm is straight up, but rotate
wrists same way.
3 Reverse so right forearm is straight up, but rotate
wrists same way.
4 Pause.
5 - 8 REPEAT measures 1-4 reversed, starting with left fore-
arm straight up.

VARIATION IIIb

As IIIa above except turn clockwise once around
while progressing right (measures 1-3), then reverse
(measures 5-7).

Routine for this record: Pause, not dancing (8 meas.);
then dance Variations I-II-IIIa, I-II-IIIb, I-II-IIIa,
etc.

STEP-FLEX (Right) (♩ ♪): Step on right foot (count 1),
bend slightly then straighten right knee (counts 2-and).
Step-Flex (Left): same, reversing footwork.

DANCE DESCRIPTION BY RICKEY HOLDEN