

SEPASTIA BAR
(Armenia)

Armenian line dance from the Lake Van region. Learned by Ron Wixman and Steve Glaser from Richard Kassabian, director of the Armenian Folk Dance Society of New York.

Pronunciation: seh-PAHS-tee-ah Bahr

Music: Folkraft 1529. 4/4 meter.

Formation: Open circle, little fingers joined at shoulder height, M and W alternating. The leader can change figures by saying "Tsertsegetsek" (Tser tsch-geh-tsek), to drop hands, and "Tserponetsek" (Tser poh-neh=tsek), to join hands.

Style: Steps are flat footed, arms do not bounce.

Meas

Pattern

Intro. A long phrase followed by 7 meas of full orchestra during which dancers sway to R and L.

PART A.

- 1 Lean to R with slight dip (cts 1,2); lean to L with slight dip (cts 3,4).
- 2 Step on R to R, step L behind R, step on R to R (cts 1,2). Touch L ft next to and a little fwd of R ft. Ft should be flat on floor (cts 3,4).
- 3-4 Repeat action of meas 1-2 to the L, beginning with lean to the L.
- 5 Repeat action of meas 2.
- 6 Repeat action of meas 2.
- 7 Point R ft next to L ft, flat on floor (cts 1,2); Touch R ft again in same spot (cts 3,4).
- 8 Repeat action of meas 1.

PART B1. Facing R and moving in LOD

- 1 Two-step in LOD beginning R. Bend head over and look down (cts 1,2); two-step in LOD, LRL head still lowered (cts 3,4). The two-steps are short, the closing ft coming just to heel of supporting ft.
- 2 Repeat action of meas 2 (Part A), but continue in LOD. Turn to face ctr for cts 3,4 as in Part A, lift head on the point.
- 3-4 Repeat action of meas 1-2 (Part B1) to the L, with opp ftwork.
- 5-8 Repeat meas 1-3 (Part B1).

PART B2.

Same as Part B (1) except that two-steps in LOD are done with long, smooth travelling steps. Two-steps in RLOD are short as in Part B (1).

PART C. (Footwork is the same as in Part B2)

- 1 W: Turning CW, moving to the R, cross hands in front of face, palms in, L hand closest to face (cts 1,2); move crossed hands down (cts 3,4).
- 2 Bring hands up and uncross them (cts 1,2); clap hands in front of face, looking bace over the L shldr at M (ct 3); hold (ct 4).
- 3-4 Repeat action of meas 1-2 (Part C), reversing ftwork and direction. W turns CCW and looks over R shldr. Ftwk is the same as meas 3-4, Part B (1).

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SEPASTIA BAR (continued)

- 5-8 Repeat action of meas 1-4 (Part C).
1-2 M: M places fists on hips and moves to the R clapping on meas 2, ct 3.
3-4 Repeat action of meas 1-2 (Part C) to the L.
5-8 Repeat action of meas 1-4 (Part C).

W hand pos: middle finger curved more than others.

Sequence of dance: A, B(1), A, B(2), A, C, A, C, A with another R sway at the end.

Presented by Ron Wixman
Kolo Festival 1980