

ZHORA BAR
(Armenian)

Source: Armenian Folklore Ensemble of Los Angeles under the direction of Jora Makarian.

Music: X 103 A Express

Meter: 2/4**

Formation: Short lines of no more than 15 dancers

Style: Lines of no more than 15 dancers utilizing shoulder hold with leader holding handkerchief in free hand which moves freely throughout dance. At the change of music, dancers release shoulder holds and interlock little fingers, but return to shoulder holds as original music starts again. Dance described in sequence to the end.

MEASURE	DESCRIPTION
<u>INTRODUCTION</u>	
1-8	16 cts
<u>FIGURE 1, PART I</u>	
1-6	Facing ctr, do 6 sharp, high, leg lifting Pas de Basque steps starting to R first. (The first step of each PdB is distinguished by a higher leap).
7	Execute nice, healthy fwd leap twd ctr on R with L lifting sharply behind R calf as torso bends slightly fwd (ct 1); leap L to L as R lifts sharply behind L calf with torso still slightly bent (ct 2).
8	Leap R to R as L swings sharply in front and across R shin (ct 1); leap L to L as R swings sharply in front and across L shin (ct 2); torso straight.
9-12	Execute 4 more Pas de Basque steps described in FIGURE 1, PART I and starting with R to R (meas 1-6).
<u>FIGURE 1, PART III</u>	
13	Kick R slightly in front with straight leg (ct 1); leap R to R as L kicks fwd with straight leg (ct 1); leap L across R as R lifts behind L (ct 2).
14	Moving with each hop in LOD, hop on L as R kicks fwd, then whips back <u>from the knee down</u> across L shin (ct 1); hop again on L as R kicks fwd then whips back from knee down to straight back position (ct 2); (feet bent from ankle).
15	Repeat above cts 1-2 (cts 1-2).
16-24	Repeat FIGURE 1, PART III, meas 13-15 three more times.***
<u>INTRODUCTION STEP</u>	
1	With shoulder hold, and facing diag RLOD, but moving LOD, hop on L as R steps behind L (ct 1); repeat meas 1, ct 1, but with opp ftwk (ct 2).
2	Repeat meas, cts 1-2 (cts 1-2).

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ZHORA BAR (Continued)

MEASURE	DESCRIPTION
3	Turning to face diag LOD and moving same direction, hop on L as R steps in front of L (ct 1); repeat meas 3, ct 1, but with opp ftwk (ct 2).
4	Turning sharply to face diag RLOD, hop on L as R leg kicks straight out in same direction (ct 1); turning again to face LOD, leap R to R as L comes up (ct 2); step L over R (ct 2);
	Dance INTRODUCTION STEP two times in all at this segment.
	Repeat now one more time, all of FIGURE 1 PARTS I-III, meas 1-24 (48 cts).
	<u>FIGURE 11, SLOW PART</u>
1	Changing to little fingers, shoulder height and interlocked, moving LOD, execute Armenian step-together-step starting with R as arms bend from elbows to R. Dancers facing diag LOD (cts 1 & 2).
2	Repeat meas 1, cts 1 & 2 with opp ftwk, and arm movement.
3	Turning to face ctr, step R to R as arms begin going down and torso bends slightly fwd (ct 1); step L behind R as arms are in completely down position and torso still slightly fwd (ct 2).
4	Step R to R as arms come up and torso to original position (ct 1); raise L knee in front, slightly to cross R, ft pointed down as R makes slight flexion and lift (ct 2).
5	Step fwd on L as arms again go down with R raising and pointing down behind L calf, R knee pointed in diag LOD (ct 1); L executes slight flexion and lift, arms remaining down (ct 2).
6	Step back on R to original position as arms begin to come up (ct 1); repeat action of meas 4, ct 2, as arms come to up position (ct 2).
7	Moving RLOD, but facing ctr, slight leap with L to L (slight plié) as R heel whips sharply behind L ankle and head turns down to look at this action (ct 1); step R behind L (ct 2).
8	Step L to L as body turns slightly RLOD (ct 1); raise R in front of and slightly across L with the toe pointed as L takes flexion (ct 2).
Note:	FIGURE 11, SLOW PART is done four times in all. However, on the third time, 4 step-together-steps will be executed instead of 2. In other words, FIGURE 11, meas 1-2 will be done twice on the 3rd time it is repeated.
Note:	Now, continuing in sequence to the end of the dance, the following takes place: Changing back to shoulder hold <u>quickly</u> , repeat FIGURE 1, PARTS I-III, meas 1-24 one time. Then, repeat INTRODUCTION STEP, meas 1-4, two times in all, followed by another repeat of FIGURE 1, PARTS I-III, meas 1-24. And, finally, repeat INTRODUCTION STEP four times in all, but with slight alteration: <u>Do not do INTRODUCTION STEP, meas 2</u>

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Note: **Each meas described in 2 cts. In the middle of the song, music changes to slower 2/4 time and again changes to original tempo.

Note: ***The introduction part of the music begins again, and at this time steps are executed to it. However, on stage the dancers could make their entrance with this step from the beginning introduction.

Presented by Tom Bozigan