

Elmalarin Yongası

(Turkey)

This dance is from Konya, Turkey, the “spoon” region from central Anatolia. This is a woman’s dance with a feminine style.

Pronunciation: EHL-mah-lah-rihn YOHN-gah-suh Translation: The heart of the apple

Music: 2/4 meter *Evren’s Camp CD, Track 3*

Formation: Circle of dancers facing CCW, arms in W-pos.
Wooden spoons are held in each hand. The spoon-clicking pattern is R, L, R, hold throughout the dance. At the beginning of the dance, there is an extra click before starting the dance, i.e. click R, R, L, R the first time.

Meas 2/4 meter

Pattern

2 meas INTRODUCTION. No action.

I. FIGURE I.

1 Step R fwd (ct 1); step L fwd (ct 2).

2 Repeat meas 1.

3 Step R fwd (ct 1); step L fwd (ct &); step R fwd (ct 2).

4 Step L fwd (ct 1); step R fwd (ct &); step L fwd (ct 2).

5 Facing ctr, step R in place with ball of foot, bringing R arm up in front, and L arm down behind with bent elbows (ct 1); step L in place, flat-footed, knees bent slightly (ct &). Repeat movement of ft but switching arms, L arm up and R arm down (cts 2, &). These movements have an up-and-down motion; move hips slightly.

6 Repeat meas 5.

7 Step R bkwd on ball of foot, turning body slightly to diag R and look over R shldr, with R arm up and L arm down (ct 1); step L in place, knees bent slightly (ct &); step R fwd with ball of foot, turning body to face ctr, with L arm up and R arm down (ct 2); step L in place, knees bent slightly (ct &). These movements have an “out-and-in, out-and-in”

8 Repeat meas 7.

9 Repeat meas 1-8.

II. FIGURE II.

1 Bring arms to side at shoulder level with palm facing down; step R (flat or heel) to R with straight knee (ct 1); close L to R with L toes, both knees bent (ct &); step R (flat or heel) to R with straight knee (ct 2); close L to R with L toes, both knees bent (ct &). Keep an “up” movement on cts 1, 2 and a “down” movement on the “and.”

2 Repeat meas 1.



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- 3 Step R to R, bending both knees (ct 1); touch L heel in place while straightening knees (ct 2). Shake shoulders and return arms to W-pos.
- 4 Repeat meas 3 with opp ftwk and direction.
- 5-6 Step R with knee straight and begin turning L with R arm up and L arm down (ct 1); step L to L on a bent knee and continue turning L, switching arm pos (ct &); repeat cts 1, & (cts 2, &).
- 7-12 Repeat meas 1-6.
- 13-14 Repeat meas 1-2.
- III. ENDING.
- 1-6 Repeat Fig 1, meas 1-6
- 7 Step R bkwd with R arm up (ct 1); step L in place (ct &); step R fwd, bringing L arm up and R arm down (ct 2); step L fwd (ct &).
- 8 Step R fwd while bringing R arm fwd and above head, palm face out, and L arm behind small of back, with palm facing out, shout “Hey!”

Sequence:

Fig I, Fig 2,
 Fig I, Fig 2,
 Fig I,
 Fig I, Fig 2,
 Fig I, Fig 2,
 Fig I meas 1-8
 Ending

Presented by Evren Soytopcu Kiyak