

Elmalarin Yongasi

(Central Turkey)

Elmalarin yongasi is from Konya, the spoon region from central Anatolia

- Pronunciation: Eh-mal-ur-IN YON-ga-se
 Translation: The heart of the best apple (refers to rosy cheeks)
 Music: 2/4 meter *Track13*
 Formation: Circle
 Steps & Styling: Circle, facing LOD and Center, arms up in W position. A lady's dance with feminine style.
 Introduction: One turn of the melody, 2 measures (or 4 cts) of music

Meas Pattern

Figure 1: Face LOD. Arms up in W position

- 1 Step fwd on R (ct. 1); Step fwd on L (ct. 2).
- 2 Repeat meas 1.
- 3 Step fwd on R (ct. 1); Quick step fwd on L (ct. &). Step fwd on R (ct. 2)
- 4 Repeat meas 3 with opposite footwork
- 5 Face center, step R in place with ball of foot, bringing R arm up in front, and L arm down behind with bent, locked elbows (ct. 1), step L in place, flat-footed, bend knees slightly (ct. &). This has the up and down motion; move hips slightly. Repeat movement of feet but switching arms, L arm up and R arm down (cts. 2, &)
- 6 Repeat meas 5
- 7 Step back on R with ball of foot, turn body slightly to diag R, with R arm up and L arm down (ct.1), Step on L in place, bend knees slightly (ct. &), Step R fwd with ball of foot, turn body to face center, with L arm up and R arm down (ct. 2), step L in place, bend knees slightly (ct. &). "out and in, out and in"
- 8 Repeat meas 7
 Repeat Figure 1

Figure 2: Facing Center

- 1 Bring arms to side at shoulder level with palm facing down. Step on R (flat or heel) to R with straight knee (ct. 1), Close L to R with L toes, bend both knees (ct. &). Step on R (flat or heel) to R with straight knee (ct. 2), Close L to R with L toes, bend both knees (ct. &). (up movement on counts 1, 2; down movement on the & beats)
- 2 Repeat meas 1
- 3 Step R to R (ct. 1) bending both knees, touch L heel in place while straightening knees (ct. 2). (down and up movement) Shake shoulders (shimmy R) returning arms to W position.
- 4 Step L in place (ct. 1) bending both knees, touch R heel in place while straightening knees (ct. 2). Shake shoulders (shimmy L) with arms in W position.
- 5-6 Repeat meas 5-6 of Fig. 1 while turning CCW around L foot with R foot pushing.
- 7-12 Repeat meas 1-6
- 13-14 Repeat meas 1-2

Sequence: Figures 1, 2, 1, 2, 1, 1, 2, 1, 2, first round of Fig 1, Ending

Ending:

Do second round of Figure 1 up to end of meas 6.

Measure 7: step R foot back 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. &)

Last measure: step R fwd bringing R arm forward and above head, palm face out, and L arm behind small of back, with palm facing out, saying “Hey” (ct. 1).

Holding and playing Turkish spoons is taught on the Lyrids 2014 DVD.

Presented by *Ahmet Lüleci* © 2011