

Mom Bar

(Armenia)

Candle dance, originally learned from Tom Bozigian

Pronunciation: MOHM BAHR Translation: Candle Dance.

Music: 4/4 meter Drum: BOM-ta-ta-ta-ta BOM ta 1,2&3&4,5(6)

Formation: Circle; open hands, palms up, holding candles

Steps & Styling: Ceremonial

Meas 4/4 meter Pattern

4 meas INTRODUCTION. No action.

I. TRAVELLING TO R

- 1 Facing ctr and moving R: Step on R to R, hands moving to R (1), step on L crossed in front of R, hands moving to L (2), step on R to R hands moving to R (3), touch L next to R, hands neutral(4).
- 2 Step fwd on L twd ctr, leaning body fwd (1), touch R next to R extending hands and offering the candles fwd (2), step back on R, hands moving to R (3), step back on L hands moving to L (4).
- 3-6 Repeat meas 1-2 two more times.

II. TRAVELLING IN AND OUT

- 1 Facing ctr and moving twd ctr: Step fwd on R (1), touch L next to R (2), step fwd on L (3), touch R next to R (4). Candles double bouncing slightly during this measure.
- 2 Step on R to R, bending upper body fwd and to L, looking R and moving hands to R (1), touch L next to R (2), step on L to L, bending upper body fwd and to R, looking L and moving hands to L (3), touch R next to R (4).
- 3-4 Repeat meas 1-2.
- 5-6 Step bkwds (away from ctr) 8 steps (RLRLRLRL) hands moving to R when stepping on R and to L when stepping on L (12341234).

Sequence: Fig I and Fig II alternate until end of music.

Presented by Lee Otterholt

Lyrics (transliterated phonetically):

Yerevahnee gahlees em
(Vae) john tzaghig john john
Kurdenadz em oo lahlees em
John tzaghig john john
Kurdenadz em oo lahlees em
John tzaghig john john

Translation:

I am coming from Jerevan
It's true
I am sweating and crying
It's true
I am sweating and crying
It's true

I choose to interpret these rather prosaic words as meaning that the traveler has been away, it has been a long and tiring journey and he is glad to be coming home. - Lee