

# MENIM BALAM

*Source:* Menim Balam (Me-nym Ba-lum) , which translates as “My Baby” is an Azerbaijani women’s dance. The music is a lullaby in which the mother and the child converse back and forth. Ercument learned this dance in Turkey in 1987 from the visiting Azerbaijani state artists from the former Soviet Union. The dance was first introduced to the US in New York in March, 1988.

*Formation:* Line or circle, no hand holds, feminine, soft and delicate. *Rhythm:* 4/4

<u>Measures</u>	<u>FIG. 1</u>
1	Facing center, arms held on side, palms facing down w/middle fingers pointing down and the rest pointing away, step R (1, 2); weight on R, pause (3, 4)
2	Put weight on L after a dip (1, 2); weight on L, pause (3, 4)
3-8	REPEAT measures 1-2 three times.
	<u>FIG. 2</u>
9	Facing center, step R (1); step beside R w/L (2); step R (3, 4)
10	Touch w/L toe in front of R (1-4)
11-12	REPEAT measures 9-10 w/opposite footwork
13-16	REPEAT measures 9-12
	<u>FIG. 3</u>
17	On the balls of the feet, moving towards the center, step R (1); step L (2); step R (3); step beside R w/L, putting the heels down (4)
18	Bend knees slightly (1, 2); straighten knees (3, 4)
19	REPEAT counts 1-3 of measures 17, going back (1-3); place feet together (4)
20	Draw w/knees a semi-circle in CW (1-4)
21-24	REPEAT measures 17-20
	<u>FIG. 4</u>
25	Lifting L arm, elbow at shoulder level, palm facing self, middle finger pointing in, the rest out, turning CW, step R (1); still turning CW, step beside R w/L (2); REPEAT counts 1-2 still turning CW (3, 4)
26	REPEAT counts 1-2 of measures 25; step R to face center (3); touch w/L away from R (4)
27-28	REPEAT measures 25-26, turning this time CCW, using opposite footwork, same fingering
29-32	REPEAT measures 25-28
33-88	REPEAT measures 5-32 twice
89-104	REPEAT measures 1-2 eight times (hold your R hand w/L)
105-132	REPEAT measures 5-32
133-134	REPEAT measures 25-26
135-on	W/the slow music hold your own R hand w/L hand, sway R and L once and stop.



