

# UZUNDERE/SANLAN

*Origin:* The dance comes from the Black Sea region in Turkey.      *Described and presented by:* Ahmet Lüleci, 1990

*Formation:* M and W in separate lines facing each other.

## Counts      Introduction

Four measures of 6/8 with the drum sound

### PART 1 - FIG. 1A

- 1      Step on R in place, L foot is on toes, knees bent
  - &      Step on L in place, knees straight
  - 2      Step on R in place, L foot is on toes, knees bent
  - &      Hold position
- ARMS (W) - Both arms up, R is higher than L and make a circle from the wrists  
ARMS (M) - Both arms up about face level & bent from elbows, move them to the R

### PART 1 - FIG. 1B

Exactly the same as FIG 1A, but opposite footwork and arm work  
DO FIG. 1A and 1B for 8 times

### PART 1 - FIG. 2A (WOMAN)

- 1      Weight is on heels and move toes to the R
  - &      Weight is on toes and move heels to the R
- REPEAT (count 1, &) three more times
- 2, &      ARMS - Both arms down about belly level to the R and make a circle from the wrists
- REPEAT FIG. 2A three more times

### PART 1 - FIG. 2B (WOMAN)

Exactly the same as FIG. 2A, but opposite footwork and arm work

### PART 1 - FIG. 2 (MAN)

- 1, &      Step on R in place, lift L up and pump it down
  - 2, &      Step on L in place, lift R up and pump it down
- ARMS - both arms up, straight elbows, join hands  
REPEAT FIG. 2 eight times

### PART 2 - FIG. 3 Arms down, join hands "V" position.

- 1      Jump on both feet, bent knees
  - 2      2 quick jumps on both feet w/straight knees
- REPEAT FIG. 3 eight times

### PART 2 - FIG. 4 Arms go up, join hands, straight elbows.

- 1, &      Step on R in place, lift L foot up and pump it down
- 2, &      Step on L in place, lift R foot up and pump it down

(next page for finish)



# ...UZUNDERE/SAHLAN CONTINUED

Counts      FINISH

- 9      (M) - Complete FIG. 4. Bring R foot in the front and pump it down and say "HEY"  
9      (W) - Complete FIG. 4. R foot comes to the front and stay on the floor. L arms comes down, R stays up w/bent elbow and make a circle from the wrists and say "HEY"

SEQUENCE:

PART 1 - two times

PART 2 - one time

PART 1 - two times

PART 2 - one time