

Choreography for PERSIAN CLASSICAL DANCE

(from "Mazandaran" by Master Zolfonun)

(1 rhythmic cycle equals 6 beats) See *Persian_Dance_Steps.pdf* for descriptions of steps.

4 cycles lead in: "Pony Step" with Parvaz

4 cycles: **Lunge facing side:**

R, L, R, L. Arm "dives" forward corresponding with forward foot.

3 cycles: **"Pony Step, Wrist Circles"**

Turning to face audience, travel with pony step (2 per cycle).

Arms: R hand behind back/hip. L comes up above head on R side - wrist circles as hand travels in half circle shape around head, down torso, ending at L hip. (1 cycle to R shoulder, 1 cycle to R hip, 1 cycle to L hip).

2 cycles: **Lunge at diagonal:**

Same as 1st step except: Facing audience - R diagonal, L diagonal.

6 cycles: **Bird Hand**

See description on steps pdf. 2 cycles R hand, 2 cycles L hand, 2 cycles R hand.

6 cycles: **"Offering":**

4 cycles: one hand "offering", alternating R, L, R, L, at diagonals, facing audience.

1 cycle: two hand offering while R step diagonal - arms end out to sides.

1 cycle: arms come from out to sides to above head, palms out, wrists bent almost touching. Feet: Lunge diagonal L, bring R foot to meet L (stepping towards L), together on toe, then flat.

4 cycles: **Wrist circles with one hand framing face:**

L hand drops dramatically behind hip/back on Beat 1.

2 cycles: R hand simultaneously begins wrist circles - to L of head then down around face and out at horizontal to R side. End palm out.

2 cycles: L hand comes up dramatically to above head palm out, wrist in. Same pattern as R. (L stays out to side, so both end out to sides at end of move).

Add head slides as wrists circle.

(0:50)

8 cycles: **Turns and Apshars down and up in big Group Circle:**

1 cycle: Step into group circle - L hand goes behind back. R comes out in offering, ends leaning forward with R arm down/out in front, palm up. Feet: big step with R foot, step with L, slide R foot forward and point toe in front (face the person in front of you in the group circle).

1 cycle: "Paw the ground" = fast apshars leaning down forward.

1 cycle: 1 full turn traveling in group circle. As turn: step R, L, then slide R foot out to point.

Stance and arms should go from down to up in spiral.

2 cycles: turn ends leaning back, head looking up, R toe pointed forward. Arms: apshar 1 per 3bts.

Start w/ R wrist to forehead, L arm straight out at upward diagonal w/ palm forward. Then reverse and repeat both sides.

1 cycle: 1 full turn traveling in group circle. As turn: step R, L, then slide R foot out to point.

Stance and arms should go from up to down in spiral.

1 cycle: "Paw the ground" = fast apshars leaning down forward same stance as before.

1 cycle: 1 full turn traveling in group circle. As turn: step R, L, then slide R foot out to point.

Stance and arms should go from down to straight in spiral.

5 cycles: **Lunges in Group Circle:**

5 lunge steps following the circle formation, one hand salutes back of head, the other "dives" forward.

2 cycles: **Pony Step with Apshar**

Still in big group circle. Stay in one spot in the circle. Turn 1/4 turn towards the Left, end with your back to center of circle.

- 2 cycles: **Personal Circle w Pony Step and Arms circle out and up.**
Turning to Right: Pony step 3 bts per quarter turn in personal circle. 1 cycle to face center of circle - arms will be out to side. 1 cycle continue to face outside of circle again, ending with arms up, palms out.
(1:20)
- 2 cycles: **"Storytelling" plus One Hand Turn :**
See description on steps pdf.
- 2 cycles: **Segam with Parvaz**
1 cycle segam (triplet) R and L, with arms down and up 2x (down up each cycle).
- 2 cycles: **"Storytelling" plus One Hand Turn :** *See description on steps pdf.*
- 3 cycles: **Segam with Parvaz**
1 cycle segam (triplet) R and L, with arms down and up 2x (down up each cycle).
- 2 cycles: **Storytelling**
One full sequence ending with one hand turn.
- 3 cycles: **Segam (side variation) with Parvaz**
Same as before but with side steps (point toe step side and ball change) and hands go out first, then in.
(1:44)
- 10 cycles: **Pony step to side with Snake Arms**
5 cycles traveling to R (face front, travel sideways), 5 cycles traveling to L. 1 side snake arm per 6bts: R, L, R then L, R, L (one snake arm per R plus L pony step). **Ideally 2 lines travel opposite directions.**
(2:01)
- 4 cycles: **"Dramatic Turns"**
start arms up L turning to R, then repeat in reverse, end up L.
- 4 cycles: **"Criss Cross"**
See description on steps pdf. Two sets: One each direction starting with R foot and arms to R.
(2:15)
- 1 cycle: 1 Pony2x (or segam R L) with Parvaz - arms down to up for whole cycle.
- 12 cycles: **Wrist Circles/Pony Step - plus One Hand Turn (front and back line switch places):**
2 cycle: Facing audience, pony step in place R and L for 2 cycles.
Arms: L hand behind back/hip. R comes up above head on R side - wrist circles as hand travels in half circle shape around head out to side.
2 cycle: 2 One hand turns while traveling towards front or back (end all in one row).
2 cycle: Repeat pony with wrist circles in place
2 cycle: Repeat 2 one hand turns traveling to swap original front and back lines.
2 cycle: In Place -2 hands wrist circle from above head down in front of face and out to sides
2 cycle: In Place - Shokufeh turn with both arms. Wrist circle to pose with arms out to sides for next move:
(2:38)
- 4 cycles: **"Alternating front and back row poses"**
2 cycles: Front row only - pony step traveling left for 1 cycle, then touch both hands fingers together palms down in front for 3 bts - pose with L hand up L diagonal, R out down diagonal (both palm up), R toe pointing out to side. Look up at L hand, tilt head back.
2 cycles: Back row repeats all (front stays in ending pose).
- 4 cycles: **Shokufeh Turns**
4 full turns while forming a line from stage front to back.
(2:52)
- 8 cycles: **Apshar with Segam (Triplet walk) then Lunges:**
Walking forward in line with Apshar arms, first person travels forward for 2 cycles then turns to side and lunge steps (Arms: salute behind head and "dive" other hand) in circle toward back stage.
After first person, each person travels forward with Apshar for one cycle then turns to alternate sides with lunge steps.
Form 2 lines at back, facing audience, and travel forward (exact timing here to be determined by total dancers).
- 2 cycles: **Pony walk in personal circles, then Pose to End (End is on beat 4 of 2nd cycle).**
Arms down at sides with wrists bent and fingers out to sides, palms down, while turning.
Ending poses will depend on number in dance again TBD.