

Chaharmezrab Choreography (1 cycle for this purpose is 3 beats [or 6 if counted fast] - x denotes a cycle except, after paragraphs when it means "times").

8x: accent beat 1 (melody A)

Hold moon pose (look up), switch palms down/up on beats

4x: accent beat 1 and 4 (melody A dble time)

wave above head side to side (keep R toe out)

8x: Melody B (has accent on 5th cycle's first bt)

Circle hands around 2x to end with side apshar pose (keep R toe out back)

8x: "
(0:35)

Apshar up then back down facing L side, place hands on accent.

7x: Melody C (has accent on 6th cycle's first bt)

-Brings arm down around into circle as step back w R. Arms continue to circle above head, wave 2x and stop wrists in, palms face each other above head - pose
-Other group repeats

7x: "
(0:50)

2x: bridge of melody A

1 wave

8x: Melody D (picks up rhythm a bit, accent on 1st of 4th cycles)

4x 1st group criss cross wave down to pose with hands to side, palms down
4x, other group repeats

8x: "

Everyone: tip toe circle with snake arms at hip level

7x: Melody E (variation on D, has accent on 6th cycle's first bt)

-1st group: arms circle out and up, then wave in and out on each cycle, end on 5th. Drop flat. Lotus.
-2nd group repeats (both groups lotus after drop to flat)

7x: "
(1:29)

2x: bridge of melody A

lotus

7x: Melody C (has accent on 6th cycle's first bt)

Everyone: roll hands around face, end w pose, then head bob for 7th.

7x: "

Everyone: wrist circle out and down while pelvic circle, turning in personal circle.

2x: bridge of melody A

wave at hip level

(1:51)

13x: long fast phrase of violin with accent on 12th cycle

-1st group: 4 turns (L arm straight out to side, R above head - both circle w L lean) then arms swoop down in front and pose in moon holding pose on other side
-2nd group repeats

13x: "

2x: bridge of melody A

wrist circle in moon pose

((2:23)

10x: melody similar to B but accent on 9th (smaller accents on 4 and 7)

Everyone: "offering" w 3 steps (3x), then shoulder shimmies (1x), (offering 1x, shimmie 1x)2x
snake arms w shimmies same as above (*step forward with offering, back with snakes*)

10x: "

(2:46)

2x: bridge of melody A

1 snake

8x: rhythmic but taqsim feeling (lots of strings)

reverse snake arms in 4 directions (2x per side) starting facing R.

10x: same style but new phrase

(Arezo 3x plus one wrist circle) 2x, end with snake arm side view facing L for 2 cycles

1x: ½ a bridge

7x: Melody E (variation on D, has accent on **6th** cycle's first bt)

7x: "
(3:28)

2x: bridge of melody A

10+ ½ ending violin long phrase (triplet feeling) accent on the off beat
pause

4x to end (accent on 1st of 4)

shokufeh turns one at a time (group of 3 one at a time) then wrist circle out to side last cycle

repeat (same groups other direction or different groups)

wrist circle out to side

(Brush for 1x, push for 1x)2x, 2 turns with hands on shoulders for 4x - Brush for 1x, push for 1x.

1 shokufeh turn end with wrists turn to palm down (follow music for ending wrist circle).