

# MEN GÜLEM

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<b>Pronunciation:</b>	Man guu lam
<b>Origin:</b>	Northeast (Azeri)
<b>Meter:</b>	6/8
<b>Music:</b>	Teaching cd #5
<b>Formation:</b>	Semi circle, arms free

## P A T T E R N

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**INTRO:** One complete turn of the melody

**FIG.1** Facing LOD, R arm is up bent from elbow and L arm is down, open to 45 degree, change arm position to opposite on ct 4

- ct.1 Step on R to diagonally Rt.
- ct.2 Step on L in front of R.
- ct.3 Step on R to diag. Rt.
- ct.4 Lift L up and change body position to diag. Lt.
- ct.5 Step on L to diagonally Lt.
- ct.6 Step on R in front of L.
- ct.7 Step on L to diag. Lt.
- ct.8 Lift R up and change body position to diag. Rt.

**FIG.2** Facing ctr, arms down.

- ct.1 Jump on both fwd, R slightly in the front, push arms in the front from bent elbows to down
- ct.2 Hop on R back, move arms up to bent elbows position again
- ct.3 Jump on both fwd (repeat arms as in ct.1)
- ct.4 Hop on R back (repeat arms as in ct.2)
- ct.5 Repeat ct.1
- ct.6 Repeat ct.2
- ct.7 Repeat ct.3
- ct.8 Repeat ct.4

- FIG.3** Facing ctr, R arm is up above shoulder level, L arm is bent from the elbow on belly level, palm facing down
- ct.1 Jump on both in place
  - ct.2 Hop on R in place asnd kick L forward, turn body slightly to Lt.
  - ct.3 Jump on both in place
  - ct.4 Hop on L in place asnd kick R forward, turn body slightly to Rt.
  - ct.5 Repeat ct.1
  - ct.6 Repeat ct.2
  - ct.7 Repeat ct.3
  - ct.8 Repeat ct.4