

PERSIAN DANCE STEPS

Apshar (Waterfall)

Arms: Like "front snake arms" - but more rhythmic: accent beat with hand change.
Footwork: can be done standing in place, or travel with simple swaying walk, Segam (triplets), or "Pony Step".

Segam (Triplet)

"Step ball change": Alternate feet: step forward on R with slight knee bend, then in place tiny L R step
Can be done traveling or in place. Subtle hip sway can be added

Parvaz (Flight)

Arm movement: like flying, lead with wrists from crossed at wrists (down at center of body) up and out to sides, then back down to just crossing (not further). Often done with Segam.

Shokufeh Turn (Blossom)

Arms: start out at sides, palms down, come down and cross in front, up over head and back out to side palms up (like a blossom).
Flip palms as start again.
Footwork: Standing in loose ballet 5th position (L foot in front). Cross R over L as far back as comfortable. then untwist as turn back to starting position. Arms will make one blossom per turn.

One Arm Shokufeh

Footwork same as shokufeh turn.
Arms: L hand behind back hip (rounded, not pointy elbow). R arm - basically same as shokufeh but one arm only and more around the head.

Namah

Arm position: R upper arm is horizontal, elbow pointing out about 45degree, forearm up toward sky, palm faces head.
L upper arm is out to L at 45 degree, forearm across chest. Hand just below R elbow, palm up.
3 or 6 beats to one side then switch R and L. Head tilts/upper body leans toward upper arm.
Footwork: Step out w R, touch together w L as Nama to R. Reverse (touching foot stays on ball, with knee slightly bent). Or can just pose.

ZigZag

Arms at hips one side
over to shoulder level other side (one hand is at shoulder other is rounded out - palms towards each other)
Up to head level on other side (lower is at eyebrows, higher rounded out just at head level)
then up over head to other side (outmost is extended fully, str8 elbow wrist bent as usual)
Always leading with wrist and palms face each other.
Cross front (sort of lunge) with bend then toe toe toe on each hand position.

Variations: zigzag with grapevine walk (cross front, side, back side), or jonbesh like twist walk on toe

Segam Parvaz variation:

Hands offering out (usually from cross down front or other pose), back in with palms mostly down to cross at wrists/palms face up

Parvaz (Flight)

Arm movement: like flying, lead with wrists from crossed at wrists (down at center of body) up and out to sides, then back down to just crossing (not further). Often done with Segam.

Brush & Push

Brush (lean/look towards up hand that brushed up - like shokufeh but ends framing head)
Push (lean towards the pushing hand - palm out). Outer arm curls in and down while pushing.
Do both with:
lunge type step (dip down) then toe toe traveling steps (kind of cross balancé but to the side)
Brush hand is opposite direction of travel, push is towards (w push back hand is behind back) (w brush other arm is rounded down)

Nassim

Hand wave/ripple

Balancé

Step side (after toe point), touch behind, with arms waving side to side up above head, other rounded in front down

Cross Balancé

Step ball change with big step forward, with knee bend/dip as step, on bt 1. Ball change can be back in place or moving forward.
Arm position: Many variations. In Mazandaran we have "Beledi" style arms, with one hand saluting at back of head, elbow up, and other "dives" forward or at a diagonal.

Parasu variation / Bracelet Hands

parasu down and then over head, add lunge or balancé at forward diagonals (like a lunge, ball change). Can add a wrist circle between up and downs.

4 Step Turns

Step to side, 180 step other foot to side, 180 step then touch inside foot with toe - change direction.
Arm positions: Rounded one up and one down then change as turn. can add wrist circles. Or, "cut off your head and point" = inner hand points outer out to side, outer comes over and around head and points front on other side.
Other arm variations as well.

Other Turns

On toes turning (can travel to one side) keep feet close together, fingers touch shoulders, elbows point straight out at shoulder level.

Hip Circles

Add to wrist circles, nice in a circle. Hands can gradually come down to sides from above head in wrist circles.

Other moves we have named ourself in class for the classical dance Mazandaran:

Pony Step

R foot stays in front and is flat. Bend knee slightly when stepping on R. L foot stays behind on toe. (Step on R on beat 1 and 4 of 6 bt cycle.)

Movement: Step/dip on R, shift step on L (on toe). Can stay in place or travel.

Often done with this Arm Movement: L arm behind hip/back and R hand framing face with wrist circles (R hand comes down from above head on R, cross to L side of face and down to R below face, curving from top R around face to bottom R. Sometimes comes all the way out to side.)

Offering

Arms: One hand behind back/hip (rounded, not pointy elbow). Other comes out palm up from chest to opposite side then curves around at heart level and comes back to behind hip to switch with other arm.

Also done with both arms crossing out from chest, out to sides.

Usually done with lunge step at a diagonal (front foot and hand go same direction).

Bird Hand

(variation on "Parasu", which means Bird and is a 2 hand move).

Footwork: Twist R hip forward with very small R step forward. Twist L in same fashion. 3 bts each side (fast so steps must be very small).

Hands alternate palm down and up bent in front of whichever hip is forward (in our dance the pattern is as follows):

R hand pattern: palm down, palm down, palm up, palm down.

L hand pattern: palm down, palm up, palm down, palm up.

(then we repeat the R and that is all).

Storytelling

Pose with R toe pointing out to side.

Arms: Beat 1 - L hand out to side at hip level, palm up. R touches palm down in front of L hand.

Beat 3 - R hand comes up at diagonal to palm up out to R side above head. (arm is slightly rounded but mostly straight).

Beat 1 of next cycle - same as starting (R hand comes back down at diagonal).

Beat 3 - One Arm Shokufeh Turn.

Dramatic Turn

Pose with R toe pointing out to side, turn and face L. Arms up on L side, like "moon" shape (L arm curves almost straight. R is more bent but still rounded, with palms up). Arms come down around hips, palms stay up, as turn:

Feet: step with R to side, half turn and step with L traveling to the R (facing back), half turn again stepping with R and pose opposite side, same as starting. Reverse.

Criss Cross

Arms: Beat 1 - Both arms out to R side (small wrist circle as place hands to side). Beat 3 - same to L side (arms travel horizontally across chest).

Beat 1 of next cycle - Arms back out to R side, same as beginning, but hold for full 6 bt cycle.

Footwork: (feet go opposite hands) Beat 1 - standing on L foot, cross R in front diagonal and touch toe to front L (straight knee, pointed toe).

Beat 3 - touch R toe back out to R side.

Beat 1 of next cycle - Cross R in front and step on it. Beat 3 - touch L toe out to side.