

# Cemo

## Turkey

The steps and styling are from E. Anatolia, Turkey.

TRANSLATION: Cemo is the name of a Kurdish man.

PRONUNCIATION: JEHM-oh

MUSIC: Turkish Dances No. 3 by Ahmet Lüleci

FORMATION: Lines with little fingers joined. Forearms parallel to floor, with hands next to sides at waist ht. Shldr to shldr to neighbor.

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METER: 4/4 & 2/4

PATTERN

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Meas Cts

**INTRODUCTION:** Beg with vocal

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#### **FIG. 1-A** (Vocal)

- 1 1-3 Facing diag R - step R,L,R diag R fwd.  
4 Touch L beside R (most of wt on heel) - turning to face ctr.  
2 1-3 Facing ctr - step L,R,L bkwd.  
4 4 Touch R beside L (most of wt on heel).  
Arms: Small up-down movement on each step.  
Sequence: Usually done 3-4 times.

#### **FIG. 2 (Variation of Fig. 1)** (Vocal)

- 1 1-4 Repeat Fig. 1, meas 1.  
& Facing ctr - with partial wt on L, slightly slide R bkwd.  
2 1-3 Moving bkwd, repeat Fig. 1, meas 2, cts 1-4, except on ct 1 bend R knee.  
& Quickly touch R beside L (most of wt on heel).  
Sequence: Done until change in music.

#### **Transition to Fig. 3** (Music change)

- 1 1-4 Moving fwd - repeat meas 1, of Fig. 2-B.  
2 1-3 Facing ctr - step L,R,L bkwd.  
4 Close R beside L.

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#### **FIG. 3: BOUNCES IN PLACE**

Interlock fingers as arms move down and slightly bkwd of body (elbows straight).  
L shldr in front of neighbors R shldr (very close).

- 1 1-2 Facing ctr - with ft tog, bend knees 2 times.  
2 Repeat meas 1 (bend knees 4 times total).

- 3 1-2 With wt on both ft, bounce twice (cts 1-&); bend knees 1 time (ct 2).  
4-12 Repeat meas 1-3 (4 times in all).

**FIG 4: MOVING TWD CTR & AWAY FROM CTR**

- 1 1-2 Facing ctr - walk R,L fwd with knee flex on each step.  
2 1-& Close R beside L while quickly double bouncing on both ft.  
2 Bend both knees once.  
3 With wt on both ft, repeat meas 2. (Dbl bnc-down)  
4-12 Repeat meas 1-3. (4 times in all)  
13-24 Moving bkwd - repeat meas 1-12 with same ftwk. (in & out 2 times total)

**FIG. 5: MOVE TO R WITH WALKS**

- 1 1-2 Facing ctr and moving to R - step R to R (ct 1); step L across R 9ct 2).  
Arms swings: hands swing bkwd in prep (ct &); hand then continue to swing fwd (ct 1); and bkwd (ct 2).  
2 1 Step R to R - hands swing fwd  
2 Bounce on R as L kicks fwd - hands swing bkwd.  
Kicks: Lift knee then push ft fwd twd floor.  
3 Repeat meas 2 with opp ftwk.  
Sequence: Fig. 5 (walking pattern) is done approx 5-8 times.

**FIG. 6: MOVE TO R WITH RUNNING STEPS**

- Arms swings: Continue swinging arms fwd (ct 1); and bkwd (ct 2).  
1 1-2 Facing ctr - hop on L (ah); step R to R (ct 1); step L across R (ct 2).  
2 1-2 Step R to R (ct 1); hop on R as L kicks fwd (ct 2).  
3 1-2 Step L to L (ct 1); hop on L as R kicks fwd (ct 2).  
Kicks: Lift knee then push ft fwd twd floor.

Repeat Fig. 6 to end of music.

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