

Salinda Gel

(Turkey)

Salinda Gel (sal-LINH-dah gehl) means “come relax.” It is an improvisational, wedding-style dance and can be done by a solo dancer or by pairs of dancers facing each other. This particular version of the dance was choreographed and presented by Evren Soytopcu Kiyak at the 2021 Stockton Virtual Folk Dance Camp held via Zoom and at the 2021 Texa-Kolo (live in San Francisco and via Zoom).

Music 4/4 meter Turkish Dances for Women CD#2; or Evren’s Stockton Summer 2021 material (music plus video). The CD can be purchased at luleci.com.

Video 2021 Stockton Folk Dance Camp Download. Videos can be viewed by contacting a participant who purchased access to them.

Formation: Hands are free and can play with Turkish spoons while dancing. When not dancing with spoons, hands are held in fists with thumbs up or palm down.

Steps & Styling Stepping in Place: Step in place, with a down-up-down-up pattern, one step per count: Step on R, bending R knee and straightening L knee (ct 1); step on the ball of L, straightening R knee and bending L knee (ct 2), with L toes next to the R heel; repeat cts 1 & 2 (cts 3, 4).

Rotating in Place: Use the ftwk of Stepping in Place, except the down-up pattern is done with the ball of R, and the flat of L, turn L in place with the R, bending slightly to L at waist.

Fwd and Back: Two measures. With L toes remaining in place, step R fwd (cts 1-2); step in place L toes (cts 3-4); step R diag R bkwd (cts 1-2); step in place L toes (cts 3-4).

Meas	4/4 meter	PATTERN
8		INTRODUCTION. No action.
	I.	<u>WALKING</u> . Instrumental.
10		Beg R, CCW walking steps (2 cts per step) around circle with last 2 meas twd ctr. Note: the first time this Figure is 10 meas long; the second time it’s 7 meas; the third time 20 meas; and the fourth time thru 7 meas. Arms (per meas): Arms in relaxed W-pos, bend gently R (ct 1-2) and L (ct 3-4).
	II.	<u>ROTATING IN PLACE</u> . Singing.
5		Ftwk: Rotating in Place, rotating a complete circle in place. Arms: R arm is straight down; L arm is bent at elbow with L fist at chin level, fingers down. Bend slightly to R and look down at fist while rotating. Arms remain in this position throughout this figure.
4	III.	<u>FWD AND BACK</u> . Ftwk: Fwd and Back. Arms (two measures): Upper body twists slightly L while R arm scoops down, fwd, and up (cts 1-2); bend elbows and bring arms up so fists are shoulder height (cts 3-4); upper body twists slightly R as L arm makes a smaller scoop (cts 1-2); bend elbows and bring arms up so fists are shoulder height (cts 3-4). Repeat movements throughout this figure.

IV. STEPPING IN PLACE (CLICKING SPOONS)

Ftwk: Stepping in Place facing ctr.

Arms: Front, Right, Front, Left, Front, Right, Front, Left
(4 meas each, 32 total).

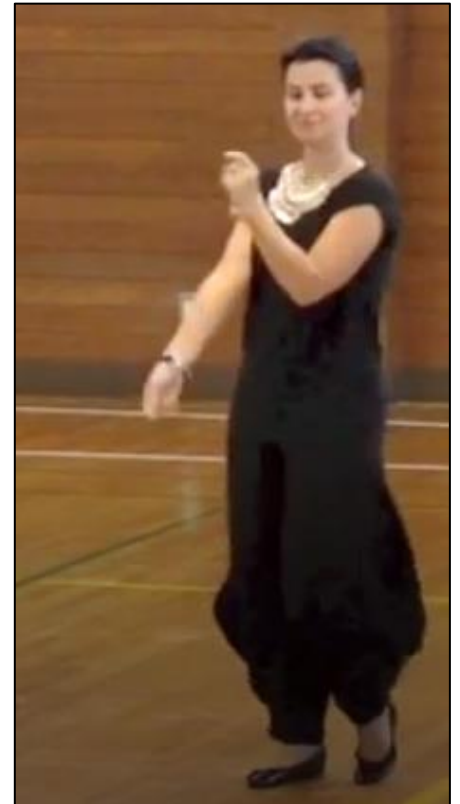
Each arm movement is described below:

4 Arms Front: With elbows bent and held at waist, fists at shoulder height, extend R arm down in front (ct 1); bend elbow and bring arm back up to shoulder height (ct 2); repeat with L arm (ct 3-4).

4 Arms Right: With elbows bent and held above R shoulder, push R hand (or spoons) out as if striking L hand/spoons (ct 1); retract hand (ct 2); repeat (ct 3-4).

4 Arms Left: With elbows bent and hands/spoons at L hip, push R hand/spoons out as if striking L hand/spoons (ct 1); retract hand (ct 2); repeat (ct 3-4).

Sequence: (Fig I, Fig II, Fig III) twice, Fig IV
(Fig I, Fig II, Fig III, Fig IV) twice



Evren Soytopcu Kiyak