

Salamati

Salamati means “cheers,” or health” in Persian. The dance was created by Gadi Bitton in 2005. The steps are based on Arab and Middle-eastern dance movements. Music is by the Persian singer Arash.

Formation: Open circle with low hands (“V” position), with some hand movements.

Part 1

- 1 Facing center and moving to the R: jump onto both feet (1), step on L ft crossed behind R (2), step on R ft to R (&). Hands swing slightly fwd on ct 1 and back on ct 2.
- 2 Facing diag R, step on L ft diag fwd twd ctr (1), step on R ft in place (rock back) (2), step on L ft in place (rock fwd) (&). Hands swing slightly fwd on ct 1 and back on ct 2.
- 3-4 Repeat meas 1-2.
- 5 Facing ctr: Right Yemenite step (1&2).
- 6 Left Yemenite step (1&2). Turn to face LOD on last step.
- 7 Facing and moving to the R: Step heavily onto R ft (1), hop on R ft while L heel hits floor fwd (2), step on L ft, bending L knee (&).
- 8 Repeat meas 7.
- 9 Facing and travelling to the R: One Right Yemenite step moving fwd (“out and in”) (1&2).
- 10 Still facing and travelling to the R: One Left Yemenite step moving fwd (“in and out”)(1&2), stamp R ft wo wt (&)
- 11 Moving in LOD: Jump onto both feet, swinging arms fwd and turning abruptly to face slightly L (1), step bkwd on L ft (2).
- 12 Still moving R, but gradually turning to face LOD: step on R ft to R (1), step fwd on L ft (2), stamp R ft wo wt (&).
- 13-14 Repeat meas 11-12 (but eliminate the last stamp).
- 15 Facing and moving to the R: Step on R ft fwd (1), step fwd on heel of L ft, L knee straight (2), step on R ft next to L, bending R knee (&).
- 16 Still facing and moving to the R: Step fwd on heel of L ft, L knee straight (1), step on R ft next to L, bending R knee (&), step fwd on L ft (2).
- 17 Dropping hands and turning gradually CW 180° to face away from ctr: Step on R ft to R (1), facing away from ctr: step on L ft to L (moving LOD) (2).
- 18 Facing away from ctr: Step on R ft behind L (1), step on L back and to the L (&), step fwd on R crossed in front of L (2).
- 19 Turning gradually CCW 180° to face away from ctr: Step on L ft to L (1), step on R ft to R (now facing ctr and still moving LOD) (2).

- 20 Facing ctr: Step on L ft behind R (1), step on R back and to the R (&), step on L ft crossed in front of R ft (2).
- 21 Step on R ft to R, bringing hands to “W” pos (1), step on L ft to L, beginning to bring hands down to “V” pos again (2). (“Rock-Step.”)
- 22 Facing ctr and moving L: Step on R ft crossed in front of L, (1), step on L ft to L (&), step on R ft crossed in front of L (2). (“Cha-cha-cha.”)
- 23-24 Repeat meas 21-22 with opp dir and ftwk.

Part 2

- 1 Facing ctr: Jump, landing on both ft, about a shoulder width apart (1), step on L ft slightly back, away from ctr (2), step on R ft in front of L (&). Hands are raised to “W” pos on ct 1 and come down to “V” again on cts 2&.
- 2 Step on L ft to L (1), step on R ft slightly back to R (&), step on L ft in front of R (2), step heavily on R ft to R, bending R knee and straightening L leg in front of body (&).
- 3 Step on L ft in front of R (1), step back on R ft in place (2).
- 4 Step on L ft to L (1), step on R ft crossed in front of L (2), step heavily on L ft to L, bending L knee and straightening R leg in front of body (&).
- 5 Releasing hands, begin turning CCW with 2 steps : R (1), L (2).
- 6 Complete CCW turn with 2 more steps: R (1), L (2).
- 7 Rejoining hands low, facing ctr and moving R: Step on R to R (1), step on L crossed behind R (&), step on R ft to R (2), step on L ft crossed in front of L (&)..
- 8 Repeat meas 7. Hands swing slightly fwd on ct 1 and slightly back on ct 2 during the entire grapevine step in both meas 7 and 8.
- 9-16 Repeat Part 2.

Repeat Parts 1 and 2.

After these 2 times through the entire sequence , repeat meas 1-8 of Part 1 and then go directly to meas 1-8 Part 2, ending with a jump onto both ft with hands in “W” pos (like meas 1, ct 1 of Part 2).

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