

# Aidym

(Khakas -- Central Asian)

This dance was choreographed by Roman Kozak to fit the song “Aidym”, by the Khakas performing group Ailanys, using typical central Asian movement patterns; an example can be seen in this YouTube video: <https://www.youtube.com/watch?v=UZWmfZ6qVVo>

This one is a video of the music with scenes of Khakas culture and landscape: <https://www.youtube.com/watch?v=VljO7YOKz0s>

Khakassia is located north of the point where Mongolia meets Kazakhstan, right next to Tuva, and shares the Tuvan tradition of throat singing.

Meter: 4/4

measure      action

## Sequence:

4 measures introduction -- no action

4 measures traveling step (repeat Fig 1, measure 1-2 twice)

4 measures Fig 4

Then repeat all the figures in sequence (Fig 1; 2; 3; 4) to end of music.

## FIGURE 1 -- traveling and turns

- 1-2      Move around the circle with a running QQS step: R-L-R, L-R-L (repeat 2 more times)  
Arms are held around shoulder height (L higher when R foot starts forward, R higher when L foot is forward); hands make graceful circling motion from the wrist.
- 3      Turn one full turn clockwise, using a “buzz step”: step on full R foot, then up on ball of L foot; repeat a total of 4 times. Arms are held up at an angle, palms out.
- 4      Repeat action of measure 3 with opposite footwork and direction (turn counterclockwise)

## FIGURE 2 -- in and out

- 1-2      Using the same footwork and arm motions as in Figure 1, measure 1-4, take 4 QQS's forward into the center of the circle
- 3-4      Still using same movements, take 4 QQS's backing out of the circle

## FIGURE 3 -- shimmy

- 1      Facing center, step R to R (ct 1), L in place (ct &), R to R (ct 2). During this measure, lean slightly forward, arms held out to side, and move shoulders forward and back (slow shimmy movement)  
Still facing center, step L across (ct 3), R in place (ct &), L in place (ct 4).  
Keep the same arm position and shoulder movement as in measure 1, but leaning back instead of forward.

- 2 Turn, same as Fig 1, meas 3
- 3-4 Repeat action of measures 1-4 with opposite footwork and direction

**FIGURE 4 -- arm sweep**

- 1-2 Facing center, step R to R (ct 1), hold, with weight on the ball of both feet (ct 2), step L across in front (ct 3), rock back onto R (ct 4).

Meanwhile, arms do the following: Raise both arms diagonally overhead; wrists higher than hands (ct 1), hold (2), flick hands up (ct &), sweep both arms down and to L (L arm out sideways, R arm across body) (ct 3), let arms come back to neutral hanging-down position (ct 4) -- ready to sweep up again on the next ct. 1

- 2 Repeat action of measure 1 with opposite footwork and direction
- 3-4 Repeat action of measures 1-2 with opposite footwork and direction

