

«Jum jahe, jum-jahala»

«Jum jahe and jum-jahala» – is traditional male group dance performed under the *dash-nobodi* frame drum rhythm. The dance's name comes from the chorus that is loudly repeated by the dancers during the performance i.e. «oh jahe, jum jahe! Jum jahala! Jum jahe, jum jahala». This dance is known among the population of Zarafshan and Hisar valleys, including Rudaki, Shahrinav and Vahdat districts. The performance begins with the frame drum music and then the drum stops and the rest of it is performed under the clapping and loud shouts of the dancers.

It is said that in medieval period this dance had ritualistic nature and was primarily performed by the dervish communities. However, from what is known from the 20th century records it has become a popular male dance performed during the festive events such as wedding and other ceremonies. It is performed by a group standing in a circle and clapping and shouting «o

jahe» meaning «to jump». Once someone jumps in the middle the rest of the group would bend forward and under the loud rhythmic clapping would sing out «jum jahe, jum jahala» with their right leg forward. Afterwards they will stand and start jumping and leaping in one foot making left and right motion. The dancer dancing in the middle would raise his hands upwards and shake his shoulders responding to «jum jahala» shout to the group's «jum jahe» shout.

This dance incorporates a great amount of varied body movements including facial emotional gestures. As the dance progresses the rhythm and speed of the clapping, movements and shouts of «jum jahe, jum jahala» increases.

From the middle of the last century this dance has also made its way into the professional theatrical stages and is performed by the professional dance groups.

