

THE FOLK DANCE FEDERATION OF CALIFORNIA, SOUTH, INC.

PRESENTS

CAMP HESS KRAMER INSTITUTE WEEKEND

"Camps Review"

October 18-19-20, 2002



TEACHERS:

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International

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Armenian

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Israeli

CAMP HESS KRAMER INSTITUTE

October 18 - 20, 2002

Abbreviations a

YONI CARR

Achai Benai Teiman	Israel	1
Achibak	Israel	3
Artzi	Israel	5
Bedi'avad	Israel	7
Bou Nashir L'Eretz Yaffa	Israel	8
Darkeinu	Israel	9
Ein Kamacha Li B'olam	Israel	11
Eli Segal	Israel	12
Enigma	Israel	14
Heyeh Hazak	Israel	16
Hine Shana Overet	Israel	17
Kinneret	Israel	18
Nigunim	Israel	20
Rachamim	Israel	21
Shai	Israel	22
Shema Elohai	Israel	23
Yotze El Haderech	Israel	24

BEVERLY BARR

Alunelul Amestecat	Romania	26
Ausii	Romania	28
Castle walk, The	U.S.A.	30
Damul	Romania	33
Dances of Ragtime Era	U.S.A.	35
La Bourrée Pastourelle	France	36
La Lyonnaise	France	39
Polka Piquee de Ploeuc	France	41
Signa	Bulgaria	43
Smygvals	Sweden	45
Trojka	Poland	46
Yove	Bulgaria	49

TOM BOZIGIAN

Armenian Arm & Footwork	Armenia	51
Aghcheek De Yel Khagha	Armenia	52
Aree Yar Yar	Armenia	54
Debki Miserlou	Armenia	56
Govand	Armenia	58
Loorke	Armenia	60
Oer Es Doo	Armenia	62
Pareree Sharan	Armenia	64
Shoror Aghcheek	Armenia	66
Sirum Aghcheek	Armenia	68
Yelet Em Alagöz	Armenia	69
Zatik	Armenia	71

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ABBREVIATIONS

beg	begin or beginning
bk	back
bkwd or bwd	backward
CCW	counter-clockwise
cpl(s)	couple(s)
ct(s)	count
ctr	center
CW	clockwise
diag	diagonal
ft	ft
ftwk	footwork
fwd	forward
H	hand(s)
ht	height
L	left
LOD	line of direction
M	man, men, man's
meas	measure
opp	opposite
pl	place
PDB	pas de basque
pos	position
ptr(s)	partner(s)
R	right
RLOD	reverse lone of direction
sdwd or swd	sideward
shldr	shoulder
T-pos (arms)	arms joined in shoulder hold
tch	touch
tog	together
twd	toward
V-pos (hands)	hands joined down
W	women, woman, women's
W-pos (hands)	hands joined at shldr ht, usually slightly fwd
wt	weight
x	across or times

ACHAI BENAI TEIMAN

Israel

DANCE: Sefi Aviv
MUSIC: Mordechai Yitzadi
WORDS: Tzion Golan

FORMATION: Circle facing center with hands joined.

METER 4/4

PATTERN

Cts.

INTRODUCTION

PART I

- 1-2 Sway R,L.
- 3-4 Step R across L, step L to L
- 5-6 Rpt. 3-4
- 7-8 Step R across L. Hold.
- 9-12 Yem. L
- 13-16 Rock R bwd, step L fwd, close R to L, hold.
- 17-20 Rpt. 1-4
- 21-30 Rpt. 5-14
- 31-32 Brush R next to L, in small arc twd R and turn to R to face CCW.

PART II

- 1-8 Two slow step-tog-steps fwd w/R and L moving fwd on the line of the circle.
End by turning twd the L to face center.
- 9-12 Step R to R, hold, step L across R, hold.
- 13-16 Step R to R, hold, step L across R, hold and turn twd R to face CCW.
- 17-32 Rpt. 1-16 ending to face center.

TRANSITION 1

- 1-2 Small leap on R to R, strong step w/L across R and face center.
- 3-4 Step R bwd, step L to L
- 5-6 Sway R, L and turn twd L to face CW.
- 7-8 Step R fwd while rising slightly on the R, hold.
- 9-10 Step L bwd while turning twd R to face ctr. and step R to R.
- 11-12 Step L fwd twd center.
- 13 Step R fwd w/deep bend and thigh twd ctr. and face to L (CW)
- 14 Step L in place, and face to L w/back twd center.
- 15-16 Step R fwd pivoting 1/2 turn bwd twd L and face center. Hold.
- 17-20 Yem. L bwd.
- 21-24 Rpt. 1-4

PART III

- 1-4 Slow step-tog-step fwd w/R. End with 1/2 turn to L pivoting on both feet. Hold.
- 5-8 Slow step-tog-step fwd twd outside of circle w/L
- 9-12 1/2 turn to R in a semi-circle formation w/3 steps R,L,R. Hold. Face center.
- 13-14 Step L to L, step R in place and lean on R
- 15-16 Close L next to R without weight. Hold.
- 17-32 Rpt. 1-16 w/opp. footwork and direction (beg. w/L)

TRANSITION

- 1-16 Rpt. 5-20 of Transition #1

PART IV

- 1-4 Rock R bwd, step L fwd, step R fwd, small leap fwd onto L.
- 5-6 Step R fwd and turn body slightly to R and snap fingers. Hold.
- 7-8 Rpt. 5-6 to L
- 9-12 Yem. R
- 13 Step L to L, and lean on L w/bent knee
- 14 1/2 turn to R w/R pivoting on R so that back is twd center.
- 15-16 Close L next to R hold.
- 17-32 Rpt. 1-16 moving out of circle and end facing center.

Translated by Honey Goldfein-Perry

Presented by Yoni Carr
Camp Hess Kramer Institute
October 18-20, 2002

Achibak

Israel

DANCE: Eli Segal

MUSIC: Tzion Golan

FORMATION: Cpls in a circle with same ftwk.

METER: 4/4

PATTERN

Cts.

PART I - Face ctr with W on M R side.

1-2 Step R to R; hold; L across R; hold.

3-4 Repeat cts 1-2.

5&6 Touch R heel to R; small leap onto R; L across R; hold.

7&8 Yem. R.

9-16 Repeat cts 1-8 with opp ftwk and direction.

PART II - Face ctr and join in varsouvienne pos.

1&2 R-tog-R to R side.

3&4 L behind R; R to R; L across R.

5&6 R-tog-R moving fwd and beg turn to L.

7&8 L-tog-L completing ½ turn to L to face out of circle.

9-16 Repeat cts 1-8, with back to ctr. On last 2 cts, W continues turning an additional ½ turn to L twd ctr and faces ptr. They release R hands and keep L hands joined.

PART III - Face to face with W back to ctr and L hands joined.

1&2 Yem. R and switch hands joining R hands.

3&4 Yem. L and switch hands joining L hands.

5&6 Yem. R releasing joined hands and turning 3/4 to L to end face to face on line of circle. M face CCW in outer circle, W faces CW in inner circle. L shldr adjacent.

7&8 Yem. L bkwd.

9&10 Walk R,L,R fwd.

11&12 Rock L fwd with bent knee; back on R to place; step L bkwd.

- 13&14 Yem. R bkwd rising on R toe and raising arms.
15&16 Step back on L, turn 1/4 R (W face ctr, M face out and step R to R; step L across R. End back-to-back with W facing ctr and M facing out.
- 17-20 Repeat 1-4 looking first over L shldr and then over R shldr to glance at ptr.
- 21-24 Repeat 5-8 and end with R shldrs adjacent; W inside facing CCW and M outside facing CW.
- 25-32 Repeat 9-16 ending facing ptr and W back to ctr and L hands joined.

PART IV - Face ptr with W back to ctr, L hands joined and L shldrs facing.

- 1&2 Touch R heel fwd; R fwd; L fwd.
3-4 Rock R bkwd bending knees deeply; L fwd (da'asa step) turning ½ CCW tog.
- 5-8 Repeat 1-4 completing turn. End as in beg of this part.
- 9&10 R-tog-R fwd (W bkwd) moving twd ctr.
11&12 L-tog-L (W fwd) moving out of circle.
- 13&14 M: Yem. R bkwd.
W: Rock back on R and turn ½ to L with L,R under joined hands and end facing ctr with W to R of M and hands joined in varsouvienne pos.
- 15&16 Yem. L bkwd.

Instructions by Honey Goldfein-Perry

Presented by Yoni Carr
Camp Hess Kramer Institute
October 18-20, 2002

Artzi

Israel

TRANSLATION: My Land

DANCE: Tuvia Tishler

MUSIC: Rami Kleinstein

WORDS: Yoram Tehar-Lev

FORMATION: Circle with hands joined when possible.

METER: 4/4

PATTERN

Cts

PART A1 - Face Center.

- 1-2 Stamp R to R, and rise on ball of R foot.
- 3-6 Open mayim beginning w/L across R
- 7-8 Step L across R, hold.
- 9-10 Step R to R, sway L to L,
- 11-12 Step R across L and turn 3/4 to L on pivoting on R foot to face CCW.
- 13-16 Yem. L bwd.

PART A2 - Face CCW

- 1-2 Rock fwd R, bwd L, raising arms and beginning to turn to R.
- 3-4 Complete a 3/4 turn to the R w/R,L and face center.
- 5-8 Step R behind L, L to L, step R across L, hold.
- 9-12 Step L behind R, R to R, L across R, hold.
- 13-14 Full turn to R w/R,L and face center.
- 15-16 Step R to R, sway L to L.

PART B1 - Face CW (R shoulder to center).

- 1-4 R to R twd center, step L behind R, R to R and pivot 1/2 turn to R on R.
- 5-8 Rpt. 1-4 w/opp. footwork, and end facing CW.
- 9-12 Step R to R, sway L to L, step R across L, L back in place.
- 13-16 3/4 turn to R w/R,L and face out of circle. Rock bwd R, fwd. L.

PART B2 - Face out of circle.

- 1-2 Two steps fwd R,L facing slightly to R.
- 3-4 Step R to R turning more twd R and touch L toes next to R heel.
- 5-8 Rpt. 1-4 w/opp. Begin w/L and continue moving out of circle facing to L.
- 9-10 3/4 turn to R moving out of circle w/R,L. and face center.
- 11-14 Tcherk. bwd w/R.
- 15-16 Close R next to L without weight. Hold.

Rpt. PARTS A & B