

THE FOLK DANCE FEDERATION OF CALIFORNIA, SOUTH, INC.

Under the direction of *Beverly Barr*,

PRESENTS

*30<sup>th</sup> Anniversary*

**CAMP HESS KRAMER  
WORKSHOP WEEKEND  
October 17-18-19, 2014**



Teachers:

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Mihai David, Denise Heenan, Anthony Ivancich  
Andre Montsion, Loui Tucker

**CAMP HESS KRAMER INSTITUTE**  
**October 17 – 19, 2014**

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## ABBREVIATIONS USED IN THIS SYLLABUS

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 line of direction
sdwd or swd	sideward
shldr	shoulder
T-pos (arms)	arms joined in shoulder hold
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

**ALUNELUL DE BRAU**  
(Muntenia, Romania)

This dance was learned by Alexandru David from Ion Petcu, dance instructor at the Popular School of Arts in Bucharest.

PRONUNCIATION: ah-loo-NEH-loo deh BREE-oo

TRANSLATION: "Alunelul" is a style of dance; "de Brau" means "holding by the belt" (while dancing)

CASSETTE: Village Dances of Romania, Vol. II, Side A/3

FORMATION: Mixed circle with hands joined down ("V" pos)

METER: 2/4

PATTERN

Meas

**INTRODUCTION:**

- 1-8 No action.
- 9 Facing ctr., step R to R (ct 1); close L to R (ct 2)
- 10 Repeat meas 9, opp. ftwk and direction
- 11-16 Repeat meas 9-10 three more times (total, eight side-closes)

**FIGURE I: chassées in & out**

- 1 Moving sdwd into ctr., R shdr leading, step R (ct 1); close L to R (ct 2)
- 2 Still moving sdwd, step R (ct 1); hop on R while turning to R, so L shdr leading
- 3 Repeat meas 1, opp ftwk
- 4 Still moving sdwd into ctr., step L (ct 1); hop on L but don't turn (ct 2)
- 5-6 Repeat meas 1-2 out of ctr., R shdr leading
- 7-8 Repeat meas 3-4 still moving out of ctr., L shdr leading
- 9-16 Repeat meas 1-8

**FIGURE II: crossovers in place**

- 1 Step R in place (ct 1); step L across R (ct 2)
- 2 Step R in place (ct 1); step L to L (ct 2)
- 3 Step R across L (ct 1); step L in place (ct 2)
- 4 Step R in place (ct 1); stamp L beside R, no wt (ct 2)
- 5-8 Repeat meas 1-4, opp ftwk
- 9-16 Repeat meas 1-4, replacing stamp L with leap on L sdwd into ctr., L shdr leading
- 17-18 Repeat meas 5-8 of Figure I

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## Alunelul de Brau p. 2

**FIGURE III: leap-slaps in & out**

- 1 Facing ctr., leap on R fwd (ct 1); step L across R (ct 2)
- 2 Step R in place (ct 1); leap on L to L, bending knee (ct 2)
- 3 Slap flat R foot fwd, no wt (ct 1) (call: "una"); hold (ct 2)
- 4-12 Repeat meas 1-3 three more times, moving fwd on each (calls: "două, trei, patru" on each successive slap)
- 13-14 Repeat meas 1-2
- 15 Slap flat R foot fwd, taking wt (ct 1) (call: "cinci"); step L in place (ct &), leaving R where it is (call: "și")
- 16 Repeat meas 15 (call: "șase"), slapping R diag to R instead of straight fwd
- 17-32 Repeat meas 1-16 out of ctr.

\* Calls: una oo-nah ("one")  
 două doh-ah ("two")  
 trei trey ("three")  
 patru pah-troo ("four")  
 cinci chinch ("five")  
 și shee ("and")  
 șase shah-say ("six")

Presented by Alexandru David  
 Dance notes by Karen Bennett--3/95

# BACHALOM

(Israel)

A slow, sweet circle dance.

**Choreographer:** Ami Ben-Shushan (1989)  
**Music:** Israeli Dances Stockton 2007 or Camp Hess Kramer 2007 CD 4/4 meter  
**Translation:** In A Dream  
**Pronunciation:** bah-hah-LOHM  
**Formation:** Circle of dancers, hands joined and down except when turning.

NOTE: Dance begins on the syllable "lom" of the song (bah-hah- LOM)

## Part One

- 1-2 Step broadly on R to R, extending L to L
- 3-4 Step on L behind R, step R to R and make ¼ turn to face CCW
- 5-6 Make another ¼ turn to R to face away from center and step on L to L. Step on R to R and turn ¼ more to R to face CW. Note: During 3-6, R foot remains in place while body turns to R and hands are not joined.
- 7-8 Rejoin hands. Step-together-step (L, R, L), moving CW
- 9-10 Step on R in front of L, step back in place onto L and face center
- 11-12 Drop hands and make a full turn to R with two steps (R, L)
- 13-14 Rejoin hands and step on R to R, cross L in front of R
- 15-16 Step back in place onto R, step on L to L. End facing center and rejoin hands.
- 17-18 Move two steps toward center (R,L)
- 19-22 "Cherkassiya" – Rock forward onto R, step in place on L, rock backward onto R, step in place on L
- 23-24 Step on R forward. Rise onto ball of foot as you lift L foot gently and raise joined hands slightly
- 25-28 Three steps backing away from center (L-R-L) while lowering arms. Hold on Count 28
- 29-32 Sway R and L. Close R next to L without weight and hold on Count 32.
- 33-60 Repeat 1-28 only!

## Part Two

- 1-2 Same as 1-2 of PART A
- 3-6 Grapevine moving CCW beginning crossing L in front of R
- 7-8 Step on L in front of R and hold on Count 8
- 9-10 Step on R to R and close L next to R without weight
- 11-12 Repeat 1-2 with opposite footwork, i.e. step broadly on to L and extend R to R
- 13-14 Step on R behind L, step on L to L
- 15-16 Rock forward onto R, rock backward (in place) onto L

## Part Three

- 1-2 Step on R diagonally R toward center, and touch L toe next to R while snapping fingers to the right
- 3-4 1-2 with opposite footwork, still moving toward center
- 5-8 Three small steps almost in place (R, L, R) while turn ½ to R to end facing away from center. Touch L toes next to R
- 9-16 Repeat 1-8 with opposite footwork, moving away from center. Turn on Counts 13-16 will be a ½ turn to the L. End facing toward center.
- 17-20 Sway R and L. Close R next to L without weight and hold on Count 36.

Presented by Beverly Barr  
 Camp Hess Kramer Institute  
 October 19 – 21, 2007

# BĂTRÂNEASCA

(Bucovina, Romania)



Pronunciation: buh-treu-NEH-AHS-kah  
 Formation: Mixed closed circle, dancers facing center, hands joined in W-pos.  
 Music: Sonia Dion & Cristian Florescu Romanian Realm Vol. 7, band 15  
 Meter: 2/4

## Measure      Description

1-16 Introduction - no action

### **Transition**

1 Feet in second pos, sway to the L, put weight on L (ct 1); feet in second pos.,  
 sway to the R, put weight on R (ct 2).  
 2 Repeat measure 1

### **Figure 1 – Grapevine**

1 Step L in front of R (ct 1); step R swd to R (ct 2);  
 2 Step L behind R (ct 1); step R swd to R (ct 2).  
 3-8 Repeat meas 1-2 three more times  
 9 Step L to the R facing slightly diag R in front of R (ct 1); close R near L (ct &);  
 step on L to the right in front of R ft (ct 2 &) (measure 9 = one two-step)  
 10 Facing center, step R to R (ct 1); step L in place (ct 2). During this measure  
 you may shout: "HOP! HOP!"  
 11-20 Repeat measures 1-10 with opp ftwk and direction (starting with R)  
 21-40 Repeat measures 1-20  
 41-48 Repeat measure 1-8 (4 grapevines)

### **Figure 2**

1 Facing center, step on L twd center (ct 1); step on R twd center (ct 2).  
 2 Step on L twd ctr (ct 1); touch R near L (ct 2).  
 3-4 Repeat meas 1-2 with opp ftwk and direction  
 5 Step swd on L to L (ct 1); touch R next to L (ct 2)  
 6 Step swd on R to R (ct 1); touch L next to R (ct 2)  
 7-8 Repeat meas 1-2  
 9-16 Repeat meas 1-8 with opp ftwk and direction

Sequence: Transition, Fig 1, Fig 2, Transition, Fig 1 (meas.1-38), Fig 2 (starting with R ft).

Presented by Sonia Dion & Cristian Florescu  
 Statewide 2014

## BĂTRÂNEASCA – continued

Lyrics for Bătrâneasca

/Da frunzuliță iarbă deasă/  
 /Mândră-i lumea i frumoasă/  
 / i iar verde foi -o fragă/  
 /Eu cânt când mi lumea dragă/  
 / a a mi di dragă lumea/  
 /Ca la cumpărat pădurea/  
 /Da la rai când am ajuns/  
 /În jininci atunci m-o pus/  
 / i nici la rai nu pot să stai/  
 Di mirosul florilor  
 i di dorul mândrelor

A tiny blade of grass  
 The World is a marvel  
 Green leaf from a wild strawberry plant  
 I sing for good people  
 I love everyone  
 When everything's going well  
 But when I got to heaven  
 I was made to kneel  
 And I couldn't stay in heaven  
 Because of the scent of flowers  
 And being deprived of my lovelies

/Da di la Crasna la Ciudei/  
 /Am o sută di fimei/  
 / i la o mândră din Cugiur/  
 /Me-am baut calul cel sur/  
 /-am ramas cu punga goală/  
 i capăstru subțioară inima ca să mă doară  
 Da am baut pe săturate, am baut pe săturate  
 -am facut multi pacate cu mândrili măritate

From Crasna to Ciudei\*  
 I have some hundred women  
 And with one lover from Cugiur\*  
 I lost the shirt off my back\*\*  
 With my wallet empty  
 And, shrivelled, my heart suffers  
 But I drank an awful lot  
 And sinned with a lot with married women.

\* Names of villages

\*\*Literally, "I drank my white horse."

