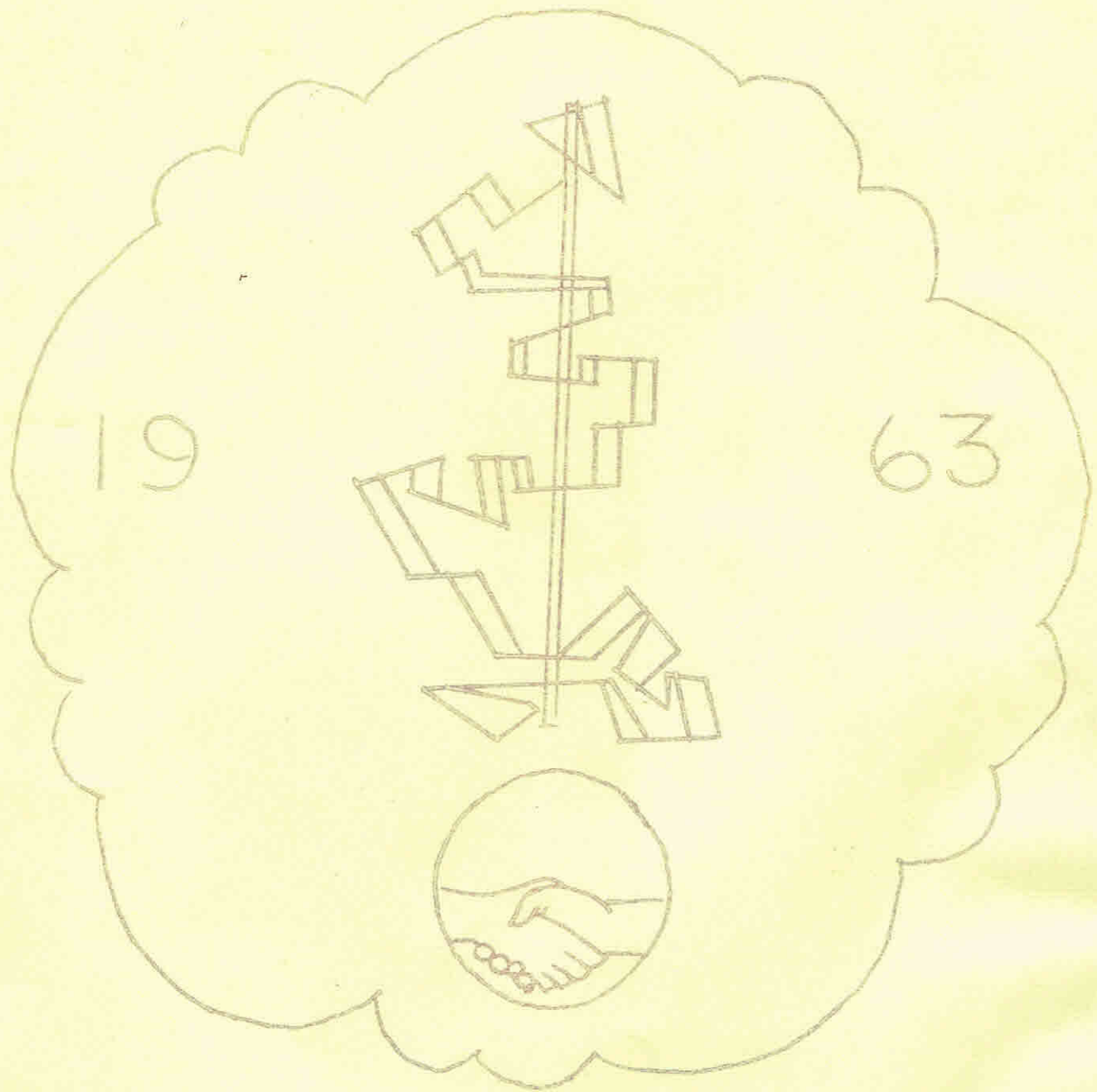


ISOMATA FOLK DANCE WORKSHOP



ISOMATA

FOLK DANCE WORKSHOP 1963

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DEBKA DAL'UNA-Banot Alena

(Israeli)

Debka Daluna is a strong, man's dance. The music is an Oriental folk tune and the choreography is by Yoav Aschriel.

MUSIC: Record: Symphonia, HS-203, Side 2, Band 3.

Piano: Melodic Line: Single Dance #30, Merkaz Letarbut Ulechinuch, Israel, 1961.

FORMATION: Single Line, Open circle. Face ctr of circle, H's on shoulders of next person in line.

STEPS: Walking, Brush, Hop.

MUSIC 4/4

PATTERN

Meas.

INTRODUCTION.

I. SIDE STEP, BRUSH-HOP

1-2 Beg R, move CCW, both knees bent. Step R to R, ct 1, hold, ct 2, step L behind R, ct 3, hold, ct 4; step swd R, ct 1, hold, ct 2. There is a slight bend of the knees on each "hold". Stamp L across in front of R bending body fwd slightly and to R, ct 3, lift L, ct 4.

3 Straightening body (turning slightly L) and turning head sharply to look L stamp L to L, ct 1, hold, ct 2, brush R lifting R knee high and across in front of L, ct 3, hop L, ct 4.

4-6 Repeat act of meas 1-3, three more times.

1-6 Repeated.

II. TWO, BACK AND STEP-HOP

7-8 Step fwd twd ctr on R, ct 1, hold, ct 2, place L heel fwd, toe up, ct 3, bring wt fwd over L, small leap L, ct 4. Stamp R fwd twd ctr bending R knee, body slightly over knee, L ft lifted in back, ct 1, hold, ct 2, step bwd onto L, body straightens, ct 3, hold, ct 4.

9-10 Step-hop bwd R, ct 1, 2, close L to R, ct 3, hold, ct 4. Step-hop swd R on R, ct 1, 2, close L to R, ct 3, hold, ct 4.

7-10 Repeat act of meas 7-10, Fig. II.

PRESENTED BY YO VAN ZWOL

IDYLLWILD - 1963

Od Nagiya el meymey hanachal	We will soon reach the river
Hakvasim tzamu ben heharim	The flocks thirsty among the hills
Mayarok hadesheh sham porachat	How green is the grass
Hashita el mui ha'adarim	Acacias greet the kids
Yafati, tzon maritech nifzar	My pretty one, your sheep scatter
Elaket lach chish hapezurim	I will gather the lost ones
Lu ahi kat, gedi, bakar	If I were a tiny ewe in the fields
Velataft oti ben heharim	You would caress me
Chulu, /2 cholelu zemer,	Sing and shout a shearing song
Shiru shir lagez, ho!	Hills of fleece are high
Tzemer ye'arem ad eyn gemer,	Shearers and shepherds dance
Kol noked alez, Yad behad ro'im	The sheep bleat,
Hemyat hatzon bak'a	The maidens await the dance's end.
Ma banot bakar chamdu,	
Larokdim nafshan yatza kvar.	

PRESENTED BY YO VAN ZWOL

IDYLLWILD - 1963

Israeli

- SOURCE:** This dance was choreographed by Jonathon Karmon. The title means "Little Shepherdess".
- MUSIC:** Record: Tikva T-69
- FORMATION:** Circle of individual dancers, facing ctr. Arms are down and close to body.
- STYLING:** The jumps described are always with the ft about 6" or more apart.

MUSIC: 4/4

PATTERN

Meas.

FIGURE I.

- 1 Jump on both ft, ct 1, hop on R turning CW 1/2 to R to finish with bk to ctr of circle, ct 2, jump on both ft, ct 3, hop on L turning CCW 1/2 to L to finish facing ctr, ct 4.
- 2 Jump on both ft, ct 1, hop on R turning CCW 1/2 to L to finish with bk to ctr of circle, ct 2, jump on both ft, ct 3, hop on L, turning CW 1/2 to R to finish facing ctr, ct 4.
- 3 Step on R, ct 1, hop on R turning CW 1/2 to finish with bk to ctr, ct 2, step on L, ct 3, hop on L turning CW 1/2 to finish facing ctr, ct 4.
- 4 Step R to R lift arms and snap fingers, ct 1, step L in front of R, ct &, shift wt to R and hold, cts 2, &. Step L to L, lift arms and snap fingers, ct 3, step R in front of L, ct &, shift wt to L and hold, cts 4, &.
- 5-8 Repeat the act of meas 1-4 FIGURE I.
- 9 Face CW, jump on both ft, ct 1, hop on R going twd ctr of circle turning CW 1/2 to face LOD, ct 2, jump on both ft clap H's and shout "Ho" leaning twd ctr, ct 3, hop on L, ct 4.
- 10 Jump on both ft, ct 1, hop on R moving twd ottd of circle and turning CCW to face CW. ct 2, jump on both ft, ct 3, hop on L, ct 4.
- 11 Face ctr and repeat act of meas 4 of FIGURE I.
- 12-14 Repeat the act of meas 9-11 FIGURE II.
- 15 Join H's, step-hop on R in place, cts 1, 2. (On hop kick L fwd, bending knee.) 2 running steps in place L R, kicking free ft bwd, cts 3, 4.
- 16 Step L in place, ct 1, bring R fwd making a circle fwd in the air, ct 2, step R beside L, ct 3, hold, ct 4.

HORA NEURIM
(Hora of Youth)

MUSIC: Record: Dance Along With The Sabras - Tikva T-69.

FORMATION: Cpls in one big circle. W on M's R. Join H's, face and move CCW.

PATTERN

Meas.

FIGURE I.

- 1 2 step-hops fwd, start L R.
- 2 Mayim step L.
- 3 2 step-hops fwd L R.
- 4 4 running steps fwd L R L R, while running body bends fwd.

FIGURE II. - Face ctr of circle.

- 5 2 step-hops fwd L R.
- 6 2 step-hops bwd L R.
- 7-8 Cpls release otst H's. Insd arms are extended fwd at shoulder level. 8 running steps start L. M turn in place, W around M, once around moving CCW.

Music repeats. Repeat meas 5-8. On last meas ptrs end up facing each other (M face CCW, W CW) both arms are extended at shoulder level SWD join H's. Ptrs start FIGURE III with opp ft. M's step described.

FIGURE III. - Cpls move towd the ctr of the circle.

- 9 L to L sd, R closes to L, step-hop on L.
- 10 Reverse meas 9.
- 11-12 Release H's.
STEP FOR M: Lift arms, 4 step-hops start L, taking 1 complete turn in place CCW. On each step clap H's. 4 claps.
STEP FOR W: Keep arms extended shoulder level. 8 running steps around M, moving CCW.
- 13-16 Repeat meas 9-12.

Music repeats meas 13-16. Do meas 13-16 a third time. On last meas W must be ready to start dance with L.

PRESENTED BY YO VAN ZWOL

IDYLLWILD - 1963

HORAT HASOR

(Israeli)

Tenth Anniversary Debka. Celebrating the birthday of the State of Israel.

MUSIC: Record: Dance Along With The Sabras - Tikva T-69

FORMATION: Line, all join hands. Face and move CCW.

PATTERN

Meas.

FIGURE I.

- 1 4 running steps fwd; L R L R.
- 2 3 running steps in place L R L (from sd to sd) hop on L.
- 3-4 Reverse meas 1-2 (run fwd).
- 5-8 Repeat meas 1-4.

FIGURE II.

- 9 Face circle ctr. L to L sd, hold; face CCW. Leap fwd on R; run fwd on L.
- 10 Leap fwd on R; run fwd L; Face circle ctr. Yem R (this is a fast Yemenite step, done to 2 cts).
- 11 Jump on both ft. 3 times; hop on L.
- 12 Stamp fwd on R; step fwd on R; L bwd; close R to L.
- 13-16 Repeat meas 9-12.

PRESENTED BY YO VAN ZWOL

IDYLLWILD - 1963

INBALIM

(Israeli)

Inbalim, translated "Sheep's Bells", is a simple circle dance in Yemenite style. It may be danced as progressive pattern.

MUSIC: Record: Symphonia HS-203, Side 2, Band 4
Folk Dancer MH-1152a

Piano: Melodic Line: 25 Songs and Dances, Page 12.
Published by The Education and Culture Centre
of the General Federation of Labour, Histadrut;
Tel Avi, Israel, 1957.

FORMATION: Cpls facing CCW in circle formation: W on M R, inside H's joined.

STEPS: Walking, step-hop.

STYLING: Yemenite step and hop L: Step L to L with easy bend of knees, ct 1, step on R toe close to and slightly behind L ft, straightening knees and rising on toes, ct 2, step L across in front of R, bending knee easily, ct 1, hop on L traveling to R, ct 2. This pattern is also danced beginning with R.

MUSIC 2/4

PATTERN

Meas.

INTRODUCTION: 4 cymbal tones (Symphonia HS-203)

I. STEP-HOP, YEMENITE AND CROSS

- 1-4 Beg with the outside ft (M L, W R) move fwd CCW with 4 step-hops. Swing joined H's easily fwd and bwd.
- 1-2 M Yemenite L and hop. W Yemenite R and hop. M passes behind W, W crosses in front of M; change hands.
- 3-4 Repeat act of meas 1-2 reversing ftwk returning to original side, rejoining insd H's.
- 5-8 Moving fwd, repeat act of meas 1-4, Fig I.
- 9-10 Face ptr, insd H's joined; M Yemenite L and hop, W Yemenite R and hop.
- 11-12 Remain facing ptr; M Yemenite R and hop, W Yemenite L and hop.

Fig I and II are very lively and joyous and the Yemenite steps cover a great deal of floor space.

II. WALK AND YEMENITE - Music and dance are slowed in tempo.

- 13-14 Beg with outside ft (M L, W R) and moving CCW dance 4 quiet walking steps H's fwd and bwd. All face ctr. M join H's; W drop M H, H's remain down at sides.

(Continued)

15-16 M Yemenite L (no hop); Yemenite R (no hop).
W Yemenite R (no hop); Yemenite L (no hop).

Repeat act of meas 13-14, Fig II. M H's joined in circle.
Face ptr, M Yemenite L, Yemenite R. W Yemenite R, Yemenite L.

17 Place outside heel fwd (hey). Pause - OR TO PROGRESS:

Face CCW, M change ptr by stepping fwd on L and l jump fwd on
both to stand beside new ptr.

PRESENTED BY YO VAN ZWOL

IDYLLWILD - 1963

(Continued)

15-16

M Yemenite L (no hop); Yemenite R (no hop).
W Yemenite R (no hop); Yemenite L (no hop).

Repeat act of meas 13-14, Fig II. M H's joined in circle.
Face ptr, M Yemenite L, Yemenite R. W Yemenite R, Yemenite L.

17

Place outside heel fwd (hey). Pause - OR TO PROGRESS:

Face CCW. M change ptr by stepping fwd on L and l jump fwd on
both to stand beside new ptr.

PRESENTED BY YO VAN ZWOL

IDYLLWILD - 1963

(Come With Me From Lebanon)

Israeli.

This is a couple dance in Yemenite style. It was presented at the 1952 Folk Dance Camp at the College of the Pacific, Stockton, California, by Dvora Lapson. The dance was composed by Rivka Sturman in answer to a need felt by the younger Israeli folk dancers for a social type of folk dance.

MUSIC: Record: Arzi R-307-1, "Iti Milvanon" from Song of Songs.
Music by Nira Chen of Ein Harod.

FORMATION: Cpls all facing CCW with W on M's R. Ptrs hook little fingers of L H, M's R arm around W's waist; W's R arm at her side.

STEPS: Yemenite three step, running step*, hopping*, three-step turn*.

MUSIC: 4/4

PATTERN

Meas.

INTRODUCTION

Cts 4 & Hold. (The Yemenite three step begins with a two-beat hold.)

FIGURE I. Yemenite Three Step and Face Ptr.

- 1 1 yem 3 step to L: M and W step to L sd with L ft, ct 1. Step in place with R ft, ct 2. Cross L ft in front of R ft, ct 3. Hold, ct 4.
 - 2 Cross R ft in front of L, ct 1, hold, ct 2; step bk into place with L ft, ct 3. Close R ft beside L, ct 4, rise on ball of R ft, ct &, and
 - 3 M and W cross L ft in front of R, ct 1. M steps slightly bwd with R ft, ct 2. Step bk onto L, ct 3 and hop on L, ct 4. (Lifting R ft about 12" from floor and pointing it twd ptr) Simultaneously W steps fwd R, ct 2, turning CCW (bk to LOD) to face ptr as she steps bwd on L, ct 3, hop on L ft and lift R ft pointing it twd ptr, ct 4.
- NOTE: Ptrs little L fingers remain joined throughout this step.
As W turns with bk to LOD M remains facing CCW.
- 4 M steps fwd R twd ptr, ct 1. Step L ft beside R, ct 2. Cross R ft in front of L, ct 3 and hold, ct 4 &. Simultaneously W steps R fwd twd ptr, ct 1, step on L turning CW to finish beside ptr, ct 2, and close R ft to L ft, ct 3. (M now puts his R arm around W's waist), hold, ct 4.
- NOTE: When W becomes proficient in doing meas 4 she may also cross R ft in front of L, ct 3.

1-4

Repeat act of meas 1-4 FIGURE I.

(Continued)

FIGURE II. Yemenite Three Step and Running Step.

- 5-6 Repeat act of meas 1 and 2 FIGURE I.
- 7 Both move fwd with 3 light running steps L, R, L lifting on ball of L ft on last running step, ct 1, 2, 3 and holding lift, ct 4.
- 8 1 yem 3 step beg R. Both M and W step on R with R ft, ct 1. Step in place with L ft, ct 2. Cross R ft in front of L ft, ct 3. Hold, ct 4.
- 5-8 Repeat act of meas 1-4 FIGURE II.

FIGURE III. Yemenite Three Step and Three-Step Turn.

- 1-2 Repeat act meas 1 and 2 FIGURE I.
- 3 Ptrs drop H's keeping them poised; take 3 small steps, both turning CW once around in place L, R, L, ct 1, 2, 3. (Ptrs continue to look at each other as they turn.) Hold, ct 4.
- 4 Rejoin H's and repeat yem 3 step to R - meas 8 FIGURE II.
- 1-4 Repeat act of meas 1-4 FIGURE III.

FIGURE IV. Yemenite Three Step and Cross Over.

- 1-2 Repeat meas 1 and 2 FIGURE I.
- 3 Little fingers of L H are hooked and R arm is free; both are facing CCW. Repeat act meas 3 FIGURE I with M swinging W across in front of him so that she finishes with her bk to ctr of room. As M takes his step he turns to face ptr and finishes with his bk to wall.
- 4 Repeat act meas 4 FIGURE I with W crossing bk to ptrs R. Both are now facing CCW.
- 1-4 Repeat act meas 1-4 FIGURE IV.

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