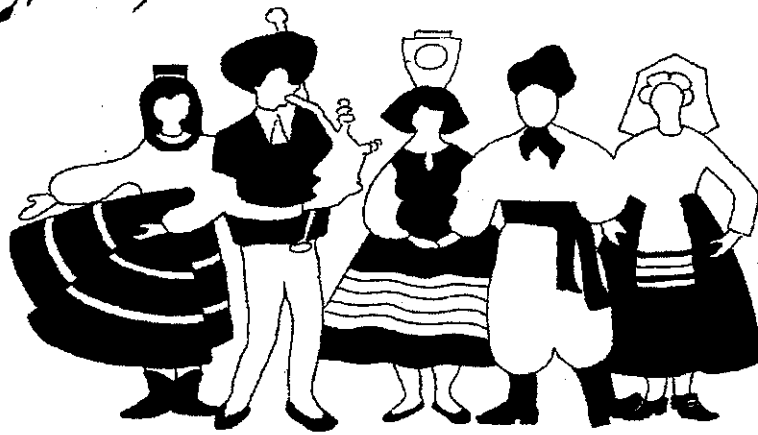


the LAGUNA FOLK DANCERS



welcome you!

SYLLABUS

2009

price \$3.-

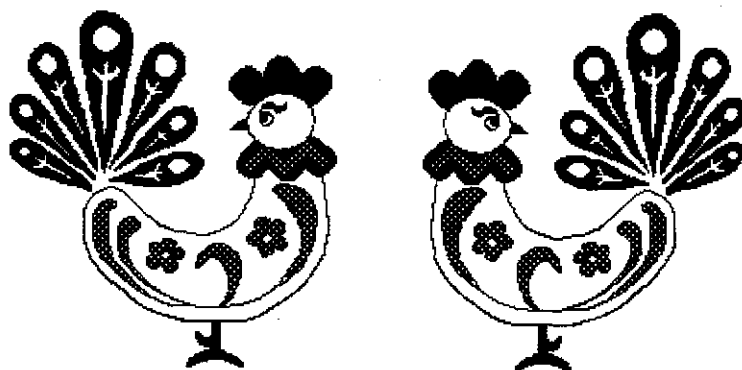
LAGUNA FOLKDANCERS FESTIVAL 2009 SYLLABUS

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NOTE: The teachers will decide at the festival workshops which of these dances will be taught.

OUR TEACHERS

Iliana Bozhanova

Iliana Hristova Bozhanova was born in 1961 in Galabovo, in the Stara Zagora region of Bulgaria. She grew up in a family of musicians and singers in South Thrace. In 1981, she graduated from the National School for Art Instructors in Plovdiv. She completed her Bachelor's and Master's degrees in "Bulgarian Folk Dances and Choreography" at the Academy of Music, Dance and Fine Arts in Plovdiv, the oldest folk arts academy in the Balkans and the most acclaimed in Bulgaria.

At the age of fifteen, Iliana became a member of the folk dance Ensemble Rachenitsa in Plovdiv. Her experiences with the Ensemble, under Artistic Director Dimitar Doichinov, inspired Iliana to devote the major part of her life to Bulgarian folklore. Through the ensemble she had the opportunity to perform Bulgarian folk dances in other parts of Bulgaria, as well as in Greece, Serbia, Poland, Belgium, Portugal, France, Italy, Holland, and Russia. She met many wonderful people through this group, and it was here that she took her first steps as a dance teacher.

In 1981, Iliana became choreographer and artistic director of two children's folk dance ensembles - Ensemble Radost in the village of Yoakim Gruevo, and the Children's Ensemble of the Roza Dimitrova Orphanage in Plovdiv. She created her first dance choreographies for these children and also introduced both groups at the Festival for Amateur Folk Art in Plovdiv.

Since October of 2004, Iliana has been the director and choreographer of Ensemble Voivodintsi which is comprised of 4 dance groups, 3 of children and 1 of adults, and 2 singing groups. For a number of years in a row, Iliana has been invited to serve as Dance Coordinator for the Folk Seminar to be held at the Academy of Music, Dance and Fine Arts in Plovdiv this July. She will also teach a new class, a Survey of Bulgarian Folk Dance, during the Seminar.

Throughout the years Iliana has performed with many ensembles in numerous countries. She is well known in the US, not only as a performer but as a dance teacher at dozens of folk dance clubs and camps including Mendocino Woodlands and Stockton.

Besides her work as a dance teacher and choreographer, Iliana has worked as a technician of architecture and civil engineering. She is married and has two sons.

Ya'akov Eden

Ya'akov Eden is a professional dancer and choreographer in both Israel and the United States. He taught dance and physical education at Ball State University in Muncie, Indiana and directed of the Banevolks, Ball State University Folk Dance Repertory. He is currently the coordinator for the Educational Dance Minor at Ball State.

Ya'akov started his dancing career at age 11 with the youth movement in Israel. He danced with the National Kibbutz Troup, "Lahakat Hachativah" and then joined the famed "Students of Haifa Dancers". He had his own dance company, "The Northwest Galilee Repertory". In 1966, Ya'akov came to the United States and danced professionally with "The Tel Aviv Review", based in New York City. While in the United States he earned his B.A. in dance from the University of Oregon and his M.A. from Ball State University.

Mr. Eden travels throughout the United States, Canada, Europe and the Far East conducting workshops and teaching in folk dance camps. He has taught at all the major folk dance camps in the United States and Canada.

In 1977 he was appointed by the late Fred Berk to direct the Israeli Folk dance Camp, "Blue Star" in Hendersonville, North Carolina. In 1978, while on special leave from the University, Ya'akov toured Europe and taught many workshops and was a special guest at the dance academy at Rotterdam, Holland. In 1984, while on leave from the university, Ya'akov directed "The Aman Folk Ensemble" based in Los Angeles, California.

About 25 years ago, Ya'akov became very interested in Country Western Dance. His teaching of it has made him very popular with many dance clubs and studios in the Mid-West. For 5 years he has operated a very successful dance studio, teaching: Country Western, Ballroom and Swing dance classes.

In 2003, Ya'akov returned from South Korea where he was a visiting Professor of dance at Kongju National University. Also in 2003, Ya'akov was awarded the Indiana Dance Educator of the year award by the Indiana Association of Health, Physical Education, Recreation and Dance. In 2004, Ya'akov was awarded the Mid-West Dance Educator of the year award by the Mid-West Association of Health, Physical Education, Recreation and Dance. In 2005, Ya'akov was one of three finalists for the National Dance Educator of the year by the National Association of Health, Physical Education, Recreation and Dance.

In 2005 Ya'akov retired from Ball State University but is still teaching part time coordinating the Dance Education Minor.

ELERINKA

Rhythm – 11/8 + 7/8 b – QQSQQ + SQQ

Music: CD **IHB #12 - FIRE**, Track 15

From Pirin mnts.

ELERINKA is a female dance in a closed circle. The hands are held down at the beginning and the LOD is to the right side in the circle. The style of dancing is very soft with low movements and bounces with the knees.

Figure 1 – 6 meas. (Attention! 1 meas.=11/8 + 7/8 b)

Meas.1 – facing LOD - R side in the circle

Arms: They are held down

11/8 -1. Vertical front circle with R ft fwd, while lifting on L ft

2. Step on R ft fwd – to LOD

3. Vertical front circle with L ft fwd, while lifting on R ft

4. Lift on R ft

5. Step on L ft fwd – to LOD

7/8b- 1. Step on R ft fwd – to LOD

2. Lift on R ft

3. Step on L ft fwd – to LOD

Meas.2 – same as Meas.1

Meas.3 – facing LOD

11/8 -1. Vertical front circle with R ft fwd, while lifting on L ft

2. Step on R ft fwd – to LOD

3. L ft is drawing circle from front to left, while turning to **facing center** and lift on R ft

4. Lift on R ft

5. Step on L ft behind R ft

7/8b- 1. Step on R ft across L ft

Arms: Go up to W position

2. Lift on R ft

3. Step on L ft bkwd

Meas.4 – facing center

11/8- 1. Step on R ft bkwd-next to L ft

2. Step on L ft across R ft

3. Step on R ft in place

4. Lift on R ft

5. Step on L ft next to R ft

7/8b- 1. Step on R ft in place

2. Step on L ft in place

3. Step on R ft in place

Meas.5 – facing center

11/8- 1. Step on L ft bkwd, while slightly bending the body fwd

2. Step on R ft in place

3. Touch left toes fwd and hold in this position

4,5. Hold

7/8b- 1. Soft kick with L ft fwd -drawing a low horizontal circle from front to left and behind

2. Lift on R ft, L ft continues drawing the circle

3. Step on L ft behind R ft

Meas.6 – facing center

11/8- 1. Step on R ft to right side

2. Step on L ft behind R ft

3. Step on R ft in place, while softly kicking L ft to left side with straighten knee

4. Hop on R ft, while L ft is drawing horizontal circle from left to fwd and LOD

5. Step on L ft fwd to LOD

7/8b- 1. Step on R ft fwd to LOD –**facing LOD**

Arms: Go down to V position

2. Lift on R ft

3. Step on L ft fwd to LOD

Sequence:

Introduction-7 meas. Repeat the figure to the end of the melody.

*Notes by Iliana Hristova Bozhanova
Presented by Iliana Hristova Bozhanova at the Laguna Folkdancers Festival 2009*

KASUMSKATA

Rhythm 2/4

Music: CD IHB #12 - FIRE, Track 16

From the village of Chintulovo, near Sliven, Thrace

This is a dance for all the traditional and family celebrations in the village. It is a mixed, led dance with hands, held in W position. LOD-right side in the circle. KASUMSKATA has one figure of 8 meas. It is a circle dance, but it can be danced as a couple dance also. Some of the dancers, who feel ready to improvise, go inside in the circle and dance toward each other. It happens, while the other people dance in the circle.

Figure 1 – In the Circle - 8 meas

Meas.1 – facing diagonally right

1. Step on R ft fwd-diagonally right
2. Hop on R ft

Arms: From V pos. go to W pos.

Meas.2

1. Step on L ft fwd-diagonally right
2. Hop on L ft

Keep W position

Meas.3 – facing center

1. Leap onto R ft bkwd-out of the circle
2. Leap onto L ft bkwd

Gradually go to V pos. and behind

Meas.4

1. Leap onto R ft bkwd
2. Hop on R ft

Meas.5

1. Leap onto L ft to L side
2. Leap onto R ft behind L ft

Sway fwd

Sway bkwd

Meas.6 – same as Meas.5

Same as Meas.5

Meas.7

1. Leap onto L ft to L side
2. Hop on L ft

Go to W pos.

Meas.8

1. Leap onto R ft across L ft
2. Leap onto L ft in place – behind R ft

Go to V pos.

Figure 2 – In Couples - With these 2 meas. the couples pass each other.

Meas.1

1. Step on R ft in place, fwd or bkwd
2. Hop on R ft

Arms: They are down-in V pos.

The arms sway fwd

The arms sway bkwd

Meas.2 – same as Meas.1, but with opposite footwork and the same arms

In Figure 2 alternate Meas.1 and 2. The improvisations come from the arm's movements.

Arms -Variation 1 – 4 meas.

Meas.1- The R hand draws a half vertical circle from left to right side-in front of the body

Meas.2- The L hand repeats the same circle

Meas.3,4 – same as Meas.1,2 from Figure 2

Arms - Variation 2 – 4 meas.

Meas.1,2- The hands clap twice down. Meas.3,4 – same as Meas.1,2 from Figure 2

Arms - Variation 3 – 8 meas.

Meas.1 to Meas.4-Fold the arms in front of the body and turn them parallel each other-like a spindle. Gradually rise them up.Meas.5,6-Clap the hands up.Meas.7,8-Go to V position down.

Sequence:Introduction- 16 meas.

Notes by Iliana Hristova Bozhanova

Presented by Iliana Hristova Bozhanova at the Laguna Folkdancers Festival 2009

KUNE

Rhythm - 13/16 – QQS

Music: CD **IHB #12 - FIRE**, Track 21

From Pirin mnts.

This is a female dance in an open circle with hands held down in V position. The LOD is to the right side in the circle. The style of dancing is very soft with low movements and bounces with the knees.

Figure 1 – 8 meas.

Meas.1 – facing LOD

1. Step on R ft fwd to LOD
2. Step on L ft fwd to LOD
3. Small step on R ft fwd
- + Small step on L ft fwd

Meas.2 – same as Meas.1

Meas.3 – facing LOD

1. Step on R ft fwd
2. Step on L ft bkwd, but facing LOD
3. Lift on L ft
- + Step on R ft bkwd, but facing LOD

Meas.4 – facing center

1. Lift on R ft
2. Step on L ft to L side, while facing center
3. Step on R ft across L ft, while **facing diagonally left**
- + Step on L ft behind R ft

Meas.5

1. Lift on L ft, while straighten R knee diag.left and start drawing low, horizontal circle
2. Lift on L ft, while R ft continues drawing the circle from **diag. left to diag. right**
3. Lift on L ft, while R ft continues drawing the circle from diag. left to diag. right
- + Step on R ft next to L ft

Meas.6 – same as Meas.5, but with opposite footwork and **finish facing center**

Meas.7 – facing center

1. Step on R ft fwd - toward the center
2. Step on L ft in place
3. Lift on L ft
- + Step on R ft bkwd

Meas.8 – facing center

1. Lift on both feet-next to each other
2. Lift on both feet-next to each other
3. Step on R ft bkwd, while facing LOD and slightly bending the body
- + Step on L ft fwd to LOD

Sequence:

Introduction-18 meas. Repeat the figure to the end of the melody.

SBORENKA

Rhythm 2/4

Music: CD **IHB #12 - FIRE**, Track 5

From Silistra area, Dobrudzha

This is a popular dance from Silistra area. Of course in many villages you can see different variations, but the basic Figure 1 is the same. This is a male dance, but there are some mixed variations also. SBORENKA is "Horo na lesa" – the hands are in "front basket hold". The shape is an open circle with LOD to the right side. The steps are bouncy and very low.

Figure 1 – 8 meas. – facing center and dancing to LOD

Meas.1

1. Step on R ft to **R side**
2. Step on L ft **across** R ft

Meas.2

1. Step on R ft to **R side**
2. Step on L ft **behind** R ft

Meas.3 to 8 – same as Meas.1 and 2

Figure 2 – 8 meas. – facing center and dancing toward and backward from the center

Meas.1 - **fwd**

1. Step on R ft fwd
+ Stamp on L ft next to R ft
2. Step on L ft fwd
+ Lift on L ft

Meas.2 – same as Meas.1

Meas.3 – **fwd**

1. Step on R ft fwd
+ Stamp on L ft next to R ft
2. Step on L ft fwd
+ Stamp on R ft next to L ft

Meas.4 – **in place**

1. Step on R ft in place
+ Step on L ft in place
2. Emphasized step on R ft in place

Meas.5 - **bkwd**

1. Bouncy step on R ft bkwd
2. Bouncy step on L ft bkwd

Meas.6,7,8 – same as Meas.5

Figure 3 – 8 meas. – in place – facing center

Meas.1

1. Lift on L ft, while R **heel** is moving **bkwd** – diag. right
+ Brush with R ft next to L ft and R **heel** is **continuing fwd**
2. Lift on L ft
+ Brush with R ft next to L ft

Meas.2

1. Lift on L ft, while R foot is bending the knee to the right side
+ Stamp on R ft – heel next to heel, but R toes point **R side**
2. Stamp on R ft – R toes point **fwd**

SBORENKA

Meas.3

1. Step on R ft to R side
+ Stamp on L ft next to R ft
2. Step on L ft to L side
+ Stamp on R ft

Meas.4 – facing diag. right

1. Step on R ft to R side
+ Stamp on L ft next to R ft
2. Stamp on L ft next to R ft

Meas.5 – facing center

1. Step on L ft in place
+ Lift on L ft
2. Step on R ft across L ft
+ Stamp on L ft behind and very close to R ft

Meas.6

1. Step on L ft bkwd, while straighten the R knee and foot
+ Hold
2. Step on R ft in place
+ Stamp on L ft behind and very close to R ft

Meas.7

1. Step on L ft bkwd, while straighten the R knee and foot
+ Hold
2. Touch R toes diagonally right

Meas.8

1. Bend R ft behind L ft with R heel pointing L side. Look at it over left shoulder.
2. Stamp on R ft next to L ft, keep the weight on L ft

Sequence:

Introduction – 4 meas.

Figure 1 – 1 time;

Figure 2 – 1 time;

Figure 3 – 2 times.

Alternate the figures to the end of the melody.

SHUMADIYA

Rhythm 2/4

Music: CD **IHB #12 - FIRE**, Track 13

From the villages of Hairedin and Lipen, North Bulgaria

This is a mixed dance in short lines or open circle—depends on the number of the dancers. The hands are held down. The dance has two figures from both villages.

Figure 1 – from Hairedin village, near Lom -12 meas.- facing center

Meas.1 - 1. Leap onto L ft **fwd**

2. Leap onto R ft in place

Meas.2 - 1. Leap onto L ft **bkwd**

2. Leap onto R ft in place

Meas.3 –same as Meas.1

Meas.4 - 1. Click L ft

2. Step on L ft in place, while R ft moves to R side

Meas.5 - 1. Click R ft

2. Step on R ft in place, while L ft moves to L side

Meas.6-same as Meas.4

Meas.7 - 1. Hop on L ft in place, while touching R toes **fwd**

2. Hop on L ft in place, while touching R toes **diagonally right**

Meas.8 - 1. Hop on L ft in place, while touching R toes **fwd**

2. Step on R next to L ft

Meas.9 - 1. Step on L ft **fwd**

2. Hop on L ft

Meas.10-1. Step on R ft **fwd**

2. Hop on R ft

Meas.11-1. Leap onto L ft **bkwd**

2. Leap onto R ft **bkwd**

Meas.12 - same as Meas.11

Figure 2 – from Lipen village, near Montana – 12 meas.- facing center

Meas.1 to 6 – same as Meas.1 to 6 from Figure 1

Meas.7 - 1. Step on R ft across L ft

+ Step on L ft to L side

2. Step on R ft across L ft

+ Step on L ft to L side

Meas.8 - 1. Step on R ft across L ft

2. Hop on R ft

Meas.9 – 1. Step on L ft **fwd**

+ Step on R ft next to L ft

2. Step on L ft **fwd**

Meas.10 – same as Meas.9, but with opposite footwork

Meas.11,12 – same as Meas.11,12 from Figure 1

Sequence:

Introduction – 16 meas.

You can repeat the figures depending on the group's abilities and wishes.

SLUNTSE ZAIDE

Rhythm - slow song and 11/8 a – QQSQQ

Music: CD IHB #12 - FIRE, Track 7

From Shopluk

SLUNTSE ZAIDE is the name of the song. The dance is a variation of Krivo horo, which is called "TUSHKANO HORO". It is popular in West Thrace and East part of Shopluk. The movements are very simple, but the shape of the dance is very interesting. This is a female dance in several closed circles with 7-8 women in each circle. The hands are on the belts. During the slow part of the song they dance to the right side in the circle, but each circle stays in place. During the fast part of the song and the rhythm of 11/8 between the couplets – all the circles are moving to the right side of a big circle. The Basic Line of Direction for all the circles is counter clockwise. My imagination for the shape of this dance is like the Sun and the Moon on the Sky – like the story in the song.

Slow movements – during the slow part of the song

1. Step on R ft to R side
2. Step on L ft across R ft
3. Step on R ft to R side
4. Step on L ft behind R ft

Repeat this combination to the end of the slow part of the couplet – following your inside rhythm and the group movements.

Fast movements – during the fast part of the song and the instrumental melody in 11/8

11/8 – Meas.1

1. Step on R ft
2. Step on L ft
3. Step on R ft
4. Hop on R ft
5. Step on L ft

The circle moves to the LOD, but each of the dancers will dance with different facing to LOD. Keep the shape of the circle!

Sequence:

Introduction – 8 meas. in 11/8

Slow part of the song – Slow movements – each circle turns by itself to R side;

Fast part – 16 meas.- Fast movements – all the circles move to the LOD.

Repeat this sequence 3 times.

SNOSHTI MINAH, KATE

Rhythm 7/8 b – SQQ

Music: CD IHB #12 - FIRE, Track 4

From Pirin mountains

SHIRTO is a very popular dance all over Pirin mountains. It is a mixed, led dance with hands held basically in W position. The LOD is to the right side in the circle. **Snoshti minah, Kate** is the name of the song I have recorded for you. I present you 4 figures, which are variations from different places, where I have seen people dancing SHIRTO.

Figure 1 – 4 meas.

Meas.1 - facing center

1. Lift on L ft
+ Step on R ft to R side
2. Step on L ft behind R ft
3. Step on R ft to R side

Arms: In W position

Meas.2 – facing LOD

1. Lift on R ft
+ Step on L ft across R ft
2. Step on R ft fwd to LOD
3. Step on L ft fwd to LOD

Meas.3 – facing center

1. Lift on L ft
+ Step on R ft to R side
2. Step on L ft across R ft
3. Step on R ft behind L ft

Arms: Go down to V position

Meas.4 – facing center

1. Lift on R ft
+ Step on L ft next to R ft
2. Step on R ft across L ft
3. Step on L ft behind R ft

Arms: Go back to W position

Figure 2 – Suchi – 4 meas.

Meas.1,2 – same as meas.1,2 from Figure 1

Meas.3 – facing center

1. Lift on L ft
+ Step on R ft across L ft
2. Step on L ft to L side
3. Step on R ft behind L ft

Meas.4 – same as Meas.4 from Figure 1

Arms: The same as in Figure 1

Figure 3 – Nazad – 4 meas.

Meas.1,2 – same as Meas.1,2 from Figure 1

Meas.3 – same as Meas.1, but going bkwd

Meas.4 – same as Meas.2, but going fwd-diagonally left

Arms: The same as in Figure 1

Figure 4 – Varti – 4 meas.

It is the same as Figure1, but you make full turn right on Meas.3 and dance in place on Meas.4

Arms: Only in W position

Sequence:

Introduction – 18 meas. You can dance only one or all the figures in a sequence, depending on the leader's commands.

VARNENSKO HORO

Rhythm 9/8 a – QQQS

Music: CD IHB #12 - FIRE, Track 17

From Varna area, Dobrudzha

VARNENSKO HORO is a wedding dance. It is a solo dance with lots of improvisations with hand's movements, with handkerchief, wooden spoons and metal "dzhampureta", attached to the fingers of the women's hands (like "kastaneti"). Many dancers would like to enjoy the rhythm of VARNENSKO HORO and that's way I have created a variation as a circle dance-based on the Dobrudzha style This is a mixed, dance in closed circle. The LOD is to the R side. The hands are held in W position.

Figure 1 – 4 meas. – facing LOD

Meas.1

1. Big step on R ft fwd to LOD
2. Hold
3. Step on L ft to LOD
4. Step on R ft to LOD

Arms: In W position

Meas.2 – same as Meas.1, but with opposite footwork

Meas.3 – facing L side, but dancing to LOD

1. Big step on R ft bkwd - to LOD
2. Hold
3. Step on L ft bkwd – to LOD
4. Step on R ft bkwd – to LOD

Meas.4

1. Big step on L ft bkwd – to LOD
2. Hold
3. Step on R ft fwd to LOD, while facing to LOD
4. Step on L ft fwd to LOD

Arms: Go to V position

Go to W position

Figure 2 – 4 meas. – facing center, dancing to LOD

Meas.1

1. Big step on R ft to R side
2. Hold
3. Step on L ft behind R ft
4. Step on R ft in place

Arms: In W position

Meas.2

1. Step on L ft fwd
2. Hold
3. Step on R ft in place
4. Step on L ft bkwd - next R ft

Meas.3

1. Step on R ft fwd
2. Hold
3. Step on L ft in place
4. Step on R ft bkwd - next to L ft

Meas.4

1. Close L ft next to R ft and squat slightly down , take the weight on L ft
2. Hold
3. Stamp softly R ft –heel next to heel, R toes to R side
4. Stamp softly R ft next to L ft, R toes point fwd

Sequence: Introduction-4 meas.;Figure 1 – 4 times; Figure 2 – 4 times; Alternate them.

ZAMFIROVSKA SIGNA

Rhythm 2/4

Music: CD IHB #12 - FIRE, Track 9

From the village of Zamfirovo, near Montana, North Bulgaria

This is one of the very interesting variations of SIGNA I have seen. I have recorded it in 2005 at Koprivshitsa National Folk Festival. The shape of this mixed dance is a straight line with hands on the belts. The LOD is toward and backward of the circle. The features of the North Bulgarian style of dancing is shown very well here-very high movements and a combination of jumpy, big leaps with small steps on the ground. The most unique fact is, that the figure ends in the half of the measure. When you repeat it-the accent of the music measure comes in different beat of the dance measure. It is typical for some of the dances in this folk area.

Intro – figure – 4 meas. Dance it only at the beginning – like introduction!!!

Meas.1 – facing center

1. Step on L ft bkwd
2. Step on R ft bkwd

Meas.2

1. Step on L ft bkwd
2. Lift on L ft

Meas.3

1. Step on R ft fwd
2. Step on L ft fwd

Meas.4

1. Step on R ft fwd
2. Lift on R ft

Figure 1 – 12, 5 meas. – facing center only

Meas.1 – **in place**

1. Jump on both feet, next to each other
2. Kick with R ft fwd, while L ft hops

Meas.2,3,4,5 – same as Meas.1, but alternate the feet and the footwork

Meas.6 – **in place**

1. Leap onto R ft in place
+ Stamp on L ft in place, the weight is on R ft
2. Leap onto L ft in place
+ Stamp on R ft in place, the weight is on L ft

Meas.7 – **in place**

1. Leap onto R ft in place
+ Stamp on L ft in place
2. Leap onto L ft in place, while R heel kicks to right side and bending the body fwd
+ Hold

Meas.8 - **fwd**

1. Step on R heel fwd
+ Step on L ft behind R ft
2. Step on R ft fwd, while straighten the body
+ L ft is drawing a horizontal circle from back to left and fwd

ZAMFIROVSKA SIGNA

Meas.9 - fwd

1. Step on L heel fwd
+ Step on R ft behind L ft
2. Step on L ft fwd
+ R ft is drawing a horizontal circle from back to right and fwd

Meas.10 – same as Meas.8

Meas.11 – in place

1. Jump on both feet – L ft is **across** R ft
2. Jump on both feet apart – **parallel** each other

Meas.12

1. Hop on L ft bkwd, while R toes touch **fwd**
2. Hop on L ft bkwd, while R toes touch **diagonally right**

Meas.13

1. Hop on L ft bkwd, while R toes touch **fwd** **Figure 1 starts here again**
 2. **Jump on both feet next to each other = First beat of Meas.1**
-

Continue dancing with Second beat of Meas.1 and follow the next measures. For 25 measures of the music-you repeat Figure 1 twice.

Dance backward with Meas.1 to 5.

Sequence:

Introduction – 4 meas.

Start SIGNA with Intro-figure and after that Figure 1-repeat it to the end of the melody.

ZHENI ME MAMO

Rhythm 2/4

Music: CD IHB #12 - FIRE, Track 11

From Pirin mountains

This is a variation of the dance "Arap" from the village of Kavrakirovo, near Petrich. "Zheni me mamo" is the name of the song. It is a mixed, led dance with LOD to R side in the circle. The hands are held in W position.

Figure 1 – 8 meas.- to LOD - Right side in the circle

Meas.1 – facing and dancing to LOD

1. Lift on L ft, while R ft is drawing a vertical circle fwd
2. Step on R ft fwd

Meas.2 – same as Meas.1, but with opposite footwork

Meas.3 – same as Meas.1

Meas.4 – facing LOD

1. Touch with L toes fwd
2. Hold

Meas.5 – facing LOD, but dancing backward

1. Step on L ft bkwd
2. Step on R ft bkwd

Meas.6 – facing center

1. Step on L ft next to R ft, while facing center
2. Hold

Meas.7 – facing center

1. Step on R ft across L ft
2. Step on L ft in place

Arms: Go down to V position

Meas.8 – facing LOD

1. Step on R ft fwd to LOD
2. Step on L ft fwd to LOD

Go up to W position

Figure 2 – 8 meas.- in and out of the circle

Meas.1,2,3,4 – same as Meas.1,2,3,4 from Fig.1 – toward the center

Meas.5 – facing center, but dancing bkwd

1. Step on L ft bkwd
2. Step on R ft bkwd

Meas.6

1. Step on L ft bkwd
2. Lift on L ft

Meas.7 – in place – facing center

1. Step on R ft bkwd, while slightly bending the body
2. Step on L ft in place

Arms: Go down to V pos.

Meas.8

1. Step on R ft in place
2. Step on L ft in place

Go up to W position

Sequence:

Introduction-8 meas.; Figure 1 – 3 times; Figure 2 – 2 times; Alternate the figures to the end of the melody. When you dance the last time of each figure, stay facing the direction of the next figure.

Ba'ah Menuchah

(Israeli Circle Dance)

Translation: The Worker Got a Rest
Meter: 4/4
Dance: Moshe Ashkenazi (Mussa)
Formation: Circle in a simple hold, Line of Dance - Counter Clockwise)
Music: Israeli Folk Dances Favorites YED Vol. 5

<u>Meas.</u>	<u>Cts.</u>	<u>Dance Description</u>
<u>Part A (Face Line of Dance)</u>		
1	1-4	4 STEPS forward: Right, Left, Right, Left
2	1-2	STEP Right across Left
	3-4	STEP Left across Right
3	1	STEP Right across Left, MOVING toward the center
	2	STEP Left to Left
	3	STEP Right across Left, MOVING toward the center
	4	HOLD
4	1-4	Repeat Measure 3, Part A. Reverse footwork and direction
5-8		Repeat Measures 1-4, Part A
<u>Part B (Face Center)</u>		
1	1	SWAY Right to Right
	2	HOLD
	3	SWAY Left to Left
	4	HOLD
2	1	STEP Right to Right
	2	STEP Left beside Right
	3	STEP Right to Right
	4	HOLD
3-4		Repeat Measures. 1-2. Part B. Reverse footwork and direction
5	1	STEP Right to Right
	2	TOUCH Left behind Right
	3	STEP Left to Left
	4	TOUCH Right behind Left
6	1-3	3 STEP TURN to Right: Right, Left, Right
	4	CLOSE Left beside Right
7-8		Repeat Measures 5-6, Part B. Reverse footwork and direction
<u>Part C (Face Center)</u>		
1	1-2	2 STEPS forward: Right, Left
	3	STEP Right forward while BENDING knees and RAISING arms
	4	STEP Left back in place while LOWERING arms
2	1-2	2 STEPS back: Right, Left
	3	STEP Right back BENDING knees and RAISING arms
	4	STEP Left forward in place while LOWERING arms
3-4		<u>Double Tcherkessia with Right:</u>
	1	STEP Right across Left
	2	STEP Left back in place
	3	STEP Right to Right
	4	STEP Left across Right
	5	STEP Right back in place
	6	STEP Left to Left
	7	CLOSE Right beside Left
	8	HOLD
5-8		Repeat Measures 1-4, Part C

Presented by Ya'akov Eden at the Laguna Folkdancers Festival 2009

Debka Dor
(Israeli Line Dance)

Translation: Line dance of the generation, or, (Dor is also a first name; Dor's Line Dance)
Dance: Moshiko Halevi
Meter: 4/4
Music: Israeli Folk Dance Favorites YED Vol. 5
Formation: Short lines in a Simple Hold

<u>Meas.</u>	<u>Cts.</u>	<u>Dance Description</u>
		<u>Part A (Face Center)</u>
1	1	STEP Right to Right
	2	STEP Left behind Right
	&	STEP Right to Right
	3	STEP Left across Right
	4	CLOSE Right beside Left
2-3		Repeat Measure 1, Part A 2 more times
4	1	JUMP and LAND with Right across Left with BENT knees
	2&	BOUNCE twice on the balls of the feet
	3	JUMP and LAND with feet apart with BENT knees
	4	HOP on Left while BRINGING Right foot sharply behind Left knee
5-8		Repeat Measures 1-4, Part A
		<u>Part B (Face Center)</u>
1	1	STEP Right to Right
	2	TOUCH Left beside Right while TURNING to FACE Left and CLAP hands ABOVE head
	3-4	Repeat Counts 1-2, Measure 1, Part B. Reverse footwork and direction
2	1-2	Fast Right TWO-STEP forward, MOVING to Right (Counter Clockwise), SNAPPING fingers ABOVE head
	3-4	2 STEPS forward: Right, Left SNAPPING fingers ABOVE head
3	1	STEP Left forward
	2	TOUCH Right beside Left while CLAPPING hands ABOVE head
	3	STEP Right forward while TURNING Left to FACE center
	4	TOUCH Left beside Right while TURNING to FACE Left while CLAPPING hands ABOVE head
4	1-2	Fast Left TWO-STEP forward, MOVING to Left, Clockwise. SNAPPING fingers ABOVE head
	3-4	2 STEPS forward: Left, Right, SNAPPING fingers ABOVE head
5	1	STEP Right forward.
	2	TOUCH Left beside Right while CLAPPING hands ABOVE head
	3	STEP Left forward while TURNING Right to FACE center
	4	TOUCH Right beside Left while TURNING to FACE Right while CLAPPING hands ABOVE head
6		Repeat: Measure 2, Part B
7-8		Repeat Measures 3-4, Part B

Part C (Face Center)

- 1 1 **STEP** Right to Right
 2 **TOUCH** Left heel in front of Right, **POINTING** Left toes diagonally to Right
 & **TURN** on the left heel, **STEP** on Left and **FACE** center
 3-4 Fast Right **YEMENITE**
- 2 1 **STEP** Left to Left
 2 **TOUCH** Right heel in front of Left, **POINTING** Right toes diagonally to Left
 & **TURN** on the Right heel, **STEP** on Right and **FACE** center
 3-4 Fast Left **YEMENITE**
- 3 **Repeat Measure 1, Part C**
- 4 1-4 Left **GRAPEVINE**: **STEP** Left to Left, **STEP** Right behind Left, **STEP** Left to Left, **STEP** Right across Left
- 5-8 **Repeat Measures 1-4, Part C. Reverse footwork and direction**

Part D (Face Line of Dance-Counter Clockwise)

- 1 1 **STEP** Right forward
 2& Left **DEBKA STEP** forward
 3&4 2 **STEPS** forward: Right, Left, while **TURNING** body diagonally with each **STEP**
- 2 1 **STEP** Right forward
 2& Left **DEBKA STEP** forward
 3&4 3 **STEPS** forward Right, Left, Right while **TURNING** body diagonally with each **STEP**
- 3 1 **STEP** Left forward
 2& Right **DEBKA STEP** forward
 3-4 2 **STEPS** forward: Left, Right, while **TURNING** body diagonally with each **STEP**
- 4 1 **STEP** Left forward
 2& Right **DEBKA STEP** forward
 3&4 3 **STEPS** forward Left, Right, Left while **TURNING** body diagonally with each **STEP**
- 5-8 **Repeat Measures 1-4, Part D**

Debka Druz
(Israeli Line Dance)

Dance: Shmuel Cohen (Vicki)
Translation: Line Dance of the Druz
Music: Israeli Folk Dance Favorites: YED Vol. 4
Formation: Short lines. Line of Dance - Counter Clockwise
Position: Simple Hold
Meter: 4/4

Meas. Cts. Dance Description

Chorus (Face Line of Dance - Simple Hold)

1 1-2 2 STEPS forward: Left, Right
3 TOUCH Left forward
4 TOUCH Left beside Right
2-4 Repeat Meas. 1, Part A, 3 more times

Part A (Face Center)

1 1 LEAP onto Right to Right, LANDING on a BENT knee and Left knee LIFTED with a BENT knee
2 HOP on Right while STRAIGHTENING on Left diagonally to Left
3 TOUCH Left heel forward
& LEAP onto Left
4 CLOSE Right beside Left
2-4 Repeat Meas. 1, Part A 3 more times

Chorus (Face Line of Dance - Simple Hold)

1-4 Repeat Meas. 1-4, Chorus

Part B (Face Line of Dance - Simple Hold)

1 1-2 2 STEPS forward: Left, Right
3 STEP Left to Left
4 STEP Right beside Left
2 1 LEAP onto Right to Right, LANDING on a BENT knee and Left knee LIFTED with a BENT knee
2 HOP on Right while STRAIGHTENING on Left diagonally to Left
3 TOUCH Left heel forward
& LEAP onto Left
4 CLOSE Right beside Left
3-4 Repeat Measures 1-2, Part B

Chorus (Face Line of Dance - Simple Hold)

1-4 Repeat Meas. 1-4, Chorus

Part C (Face Line of Dance - Simple Hold)

- 1 1 TOUCH Left heel forward
 & LEAP onto Left
 2 CLOSE Right beside Left
3&4 REPEAT Cts. 1&2, Part C
 4 STEP Right beside Left
2 1 LEAP onto Right to Right, LANDING on a BENT knee and Left knee LIFTED
 with a BENT knee
 2 HOP on Right while STRAIGHTENING on Left diagonally to Left
 3 TOUCH Left heel forward
 & LEAP onto Left
 4 CLOSE Right beside Left
3 1 TOUCH Left heel forward
 & LEAP onto Left
 2 CLOSE Right beside Left
3&4 Repeat Cts. 1&2, Part C
4 1-2 2 JUMPS with feet together
 3&4 3 STAMPS in place: Right, Left, Right

Chorus (Face Line of Dance - Simple Hold)

- 1-4 Repeat Meas. 1-4, Chorus

Part D (Face Line of Dance - Simple Hold)

- 1 1 TOUCH Left heel forward
 & LEAP onto Left with a STAMP
 2 STEP Right across Left, BENDING both knees and TURN to face center
 3 STEP Left back
 4 MOVE Right in an arc forward and to Right while TURNING to face Line of
 Dance and STEP Right beside Left

Debka Lahat
(Israeli Line or individual Dance)

Translation: Dance of Flames
Dance: Yankele Levy
Music: Israeli Folk Dance Favorites: YED Vol. 2
Formation: Scatter formation, all facing the music or Lines facing each other
Position: Hands clasped behind back
Meter: 4/4, 2/4

Meas. Cts. Dance Description

Part A (Face Music or Lines Facing Each Other)

- 1 1-3 Take 3 **STEPS** to Right: Right, Left, Right
4 **PIVOT** on Right to **FACE** Left and **KICK** Left to Left
2 1-3 Take 3 **STEPS** to Left: Left, Right, Left
4 **PIVOT** on Left to **FACE** Right and **KICK** Right to Right
3-4 Repeat Measures 1-2, Part A

Part B (Face Music or Lines Facing Each Other)

- 1 1 **STEP** Right in place while **TURNING** to Left
2 **KICK** Left to Left
3-4 Fast Back Left **YEMENITE**. End **FACE** Right
2 1-2 **KICK** Right twice with a **BENT** knee to Right while **BENDING** Left knee twice
3-4 Fast Back Right **YEMENITE**. End **FACING** Left
3 1-2 **KICK** Left twice with a **BENT** knee to Left while **BENDING** Right knee twice
3-4 Fast Back Left **YEMENITE**. End **FACING** Left
4 1-2 **KICK** Right twice with a **BENT** knee to Right while **BENDING** Left knee twice
3-4 Fast Back Right **YEMENITE**. End **FACING** Left

Part C (Face Music or Lines Facing Each Other)

- 1 1-3 Take 3 **STEPS** forward: Left, Right, Left **MOVING** diagonally forward with each **STEP**
4 **BENDING** Left knee while **LIFTING** Right behind Left knee
2 1-2 Take 2 **STEPS** back: Right, Left
3&4 Take 3 **STEPS** in place: Right, Left, Right in a Quick, Quick, Slow rhythm
3 1-3 Take 3 **STEPS** forward: Left, Right, Left **MOVING** diagonally forward with each **STEP**
4 **BENDING** Left knee while **LIFTING** Right behind Left knee
4 1-2 Take 2 **STEPS** back: Right, Left
3&4 Take 3 **STEPS** in place: Right, Left, Right in a Quick, Quick, Slow rhythm
5 1 **STAMP** Left to Left while **TURNING** head to Left
2 **HOLD**

Dror Yikra
(Israeli Circle Dance)

Translation: Freedom shall call
Dance: Eliyahu Gamliel
Meter: 4/4,2/4
Music: Israeli Folk Dance Favorites YED Vol. 5
Formation: Circle in a Simple hold

<u>Meas.</u>	<u>Cts.</u>	<u>Dance Description</u>
<u>Part A (Face Center)</u>		
1	1	STEP Right to Right
	2	HOLD
	3	STEP Left behind Right
	4	HOLD
2	1	LEAP with Right to Right
	2	STEP Left across Right (Left knee BENT)
	3	STEP Right to Right
	4	STEP Left behind Right
3	1-4	YEMENITE Right
4-6		Repeat Measures 1-3, Part A. Reverse footwork and direction
7	1	STEP Right beside Left while heels come off the floor
	2	LOWER heels
	3	LIFT heels off the floor
	4	LOWER heels to the floor
8-14		Repeat Measures 1-7, Part A
 <u>Part B (Face Center)</u>		
1	1-2	STEP-HOP Right forward. Palms of hands MOVE from sides of the body in a CIRCULAR movement upwards and CROSS in front of chest with fingers close together, thumbs inside
	3	STEP left forward, hands REMAIN in the same position
	4	HOLD
2	1-4	Repeat Measure 1, Part B
3	1-4	YEMENITE Right while MOVING back
4	1-4	YEMENITE Left while MOVING back
5	1	STEP Right beside Left while LIFTING heels off the floor
	2	LOWER heels to floor
 <u>Part C (Face Center)</u>		
1	1	STEP Right diagonally back
	2	STEP Left forward
	3-4	STEP-HOP Right forward
2	1-2	STEP Left forward, KNEELING down on Right knee, SNAP fingers to Right
	3-4	SNAP fingers to: Left, Right, Left
3	1-2	SNAP fingers to Right
	3-4	SNAP fingers to Left
4	1-4	YEMENITE Right while moving back
5	1-4	YEMENITE Left while moving back
6-7	1-8	Take 4 STEP-BENDS to TURN one full solo TURN to Right, hands UP as if HOLDING candies.
 <u>Part D (Face Center)</u>		
1-12		Repeat Parts B and C

Im Nin'alu
(Israeli Line Dance)

Dance: Eliyahu Gamliel
Translation: If They Will Close (The Gates of Heaven)
Music: Israeli Folk Dance Favorites YED Vol. 2
Formation: Line, facing the music
Position: Simple hold
Meter: 2/4

<u>Meas.</u>	<u>Cts.</u>	<u>Dance Description</u>
<u>Part A (Face the Music. Hands in a Simple Hold)</u>		
1	1	STEP Right to Right
	2	TOUCH Left across Right
2	1	STEP Left to Left
	2	TOUCH Right across Left
3	1	STEP Right to Right
	&	HOP Right to Right
	2	STEP Left across Right
4	1&2	Repeat Measure 3, Part A
5	1-2	Fast YEMENITE Right
6	1	STEP Left beside Right
	2	HOLD
7-12		Repeat measures 1-6, Part A. Reverse footwork and direction
13-18		Repeat measures 1-6
<u>Part B (No Hands Held)</u>		
1	1	STEP Right to Right while TURNING a 1/4 TURN to Right. Palms TURN inward
	2	STEP Left beside Right while TURNING a 1/4 TURN to Left (original FACING)
2	1	STEP Right forward. Palms TURN inward
	2	STEP Left beside Right while TURNING a 1/4 TURN to Right
3-8		Repeat Measures 1-2, Part B three more times. End FACING the music
3-4		Repeat Counts 1-2, Measure 1, Part B. Reverse footwork and direction
<u>Part C (Face the Music. Hands in a Simple Hold)</u>		
1	1-2	Fast YEMENITE Right
2	1-2	Fast YEMENITE Left
3	1-2	STEP-HOP Right forward while TURNING a 1/4 TURN to Right (Clockwise)
4-6		Repeat Measures 1-3, Part C. End FACING away from the music

Kol Hanshama
(Israeli Circle Dance)

Dance: Yankele Levy
Translation: The Whole Soul
Music: Israeli Folk Dance Favorites YED Vol. 5
Formation: Circle, facing center
Position: Simple Hold. Line of Dance - Counter Clockwise
Meter: 4/4

<u>Meas.</u>	<u>Cts.</u>	<u>Dance Description</u>
<u>Part A (Face Counter Clockwise)</u>		
1	1-4	Take 2 slow STEPS forward: Right, Left
2	1	ROCK Right back
	2	ROCK Left forward
	3	STEP Right forward while TURNING to face center, LIFT arms
	4	STEP Left behind Right, LOWER arms
3	1	STEP Right to Right
	2	STEP Left across Right
	3	STEP Right to Right
	4	STEP Left behind Right
4	1	SWAY Right to Right with a big STEP
	2	SWAY Left to Left, BENDING knees
	3	STEP Right beside Left
	4	HOLD
5-8		Repeat Measures 1-4, Part A.
<u>Part B (Face Center, No Hand Hold)</u>		
1	1	STEP Right forward
	2	SNAP fingers
	3	STEP Left forward
	4	SNAP fingers
2	1-2	TURN a 1/2 TURN to Right (Clockwise) with 2 STEPS : Right, Left. MOVING forward toward center. End FACING out
	3	STEP Right forward
	4	STEP Left beside Right
3-4		Repeat Measures 1-2, Part B. End FACING center
5-6		Repeat Measures 1-2, Part B. MOVE Counter Clockwise. End FACING Clockwise.
7-8		Repeat Measures 1-2, Part B. MOVE Clockwise. End FACING Counter Clockwise
<u>Part C (Face Counter Clockwise, Hands Joined in a Simple Hold)</u>		
1	1-2	Take 2 STEPS forward: Right, Left
	3	STEP Right forward while TURNING to FACE center
	4	STEP Left behind Right
2	1-4	TURN a 1/2 TURN to Right (Clockwise) with 4 STEPS : Right, Left, Right, Left. End FACING out
3-4		Repeat measures 1-2, Part C. MOVE Clockwise, end FACING center
5-6		Repeat Measures 1-2, Part C. MOVE toward center, end FACING out
7-8		Repeat Measures 1-2, Part C. MOVE out away from center, end FACING in

Mi Hayish
(Israeli Circle Dance)

Dance: Eliyahu Gamliel
Translation: Who Is The Man
Music: Israeli Folk Dance Favorites YED Vol. 5
Formation: Circle, facing Line of Dance - Counter Clockwise
Position: Simple hold.
Meter: 4/4

Meas. Cts.	<u>Dance Description</u>
	<u>Part A (Face Line of Dance)</u>
1	1-2 2 STEPS forward; Right, Left in Line of Dance
	3 STEP Right forward
	4 STEP Left back
2	1 STEP Right back
	2 STEP Left forward
	3-4 2 STEPS forward; Right, Left in Line of Dance
3-4	1-8 Repeat Measures 1-2, Part A
5	1-2 2 STEPS forward; Right, Left in Line of Dance
	3-4 2 SWAYS; Right, Left FACING center
6	1-2 STEP Right across Left, SWING Left to Left
	3-4 STEP Left across Right, SWING Right to Right
7	1-4 Repeat Measure 6, Part A. Reverse footwork and direction
8	1 STAMP Right forward while body LEANS forward
	2-4 3 STEPS back; Left, Right, Left
9-16	Repeat Measures 1-8, Part A
	<u>Part B (Face Center)</u>
1	1-4 2 STEP-BENDS in place; Right, Left
2	1-2 STEP Right forward, SWING Left forward with BENT knee
	3-4 2 STEPS back; Left, Right
3	1-4 Repeat Measure 2, Part B
4	1-2 TURN a 1/2 TURN to Right (Clockwise) with 2 STEPS; Right, Left
	3-4 STEP-BEND Right back
5-8	Repeat Measures 1-4, Part B
	<u>Part C (Face Center, Moving in and out of the Circle)</u>
1	1-4 4 STEP-BENDS forward; Right, Left, Right, Left in CHASSIDIC STYLE, ACCENTING STEPS 1 and 3
2	1-2 STEP-BEND Right forward while arms EXTEND forward
	3-4 STEP Right back while TURNING a 1/2 TURN to Right (Clockwise), EXTENDING arms to Right
	& HOLD
3	Repeat Measure 2, Part C. Reverse footwork and direction
4	1-4 4 STEPS; Right, Left, Right, Left while TURNING a 1/2 TURN to Right (Clockwise) in place
5-8	Repeat Measures 1-4, Part C

Presented by Ya'akov Eden at the Laguna Folkdancers Festival 2009

Na'amah
(Israeli Couple Dance)

Translation: My Gentle Dear One
Dance: Bentsi Tiram
Meter: 3/4
Music: Israeli Folk Dance Favorites: YED Vol. 1
Formation: Couple in Side by side position. Man on Left, Woman on Right. Left hands joined, Man's Right hand on Woman's Right waist, Woman's Right hand in Man's Right hand Both using same foot.

<u>Meas.</u>	<u>Cts.</u>	<u>Dance Description</u>
<u>Part A (Couples Facing Center)</u>		
1	1	STEP Left across Right
	2	STEP Right back
	3	STEP Left in place
2	1	STEP Right across Left
	2	STEP Left back
	3	STEP Right in place
3	1-3	WALTZ STEP forward, toward center: with Left, Left arms LIFTED with movement
4	1-3	WALTZ STEP back, away from center; with Right, Left arms LOWERED with movement
5-6		TURN a 3/4 TURN to Left (Counter Clockwise) with 2 WALTZ STEPS; Left, Right. Man end FACING Line of Dance - Counter Clockwise
7	1-3	Woman - TURN a 1/2 TURN to Left under Man's Left arm with a Left WALTZ STEP Man WALTZ BALANCE forward with Left
8	1-3	Woman - TURN a 1/2 TURN to Right under Man's Left arm with a Right Waltz STEP Man WALTZ BALANCE back with Right
9-15		Repeat Measures 1-7, Part A
16	1-3	WALTZ BALANCE forward toward each other. Woman HOLD, TOUCH Right on count 3

Part B Partners in Closed Position Man Faces Line of Dance - CCW

Note: Man's STEPS described, Woman does opposite

1	1	Man STEP Left diagonally forward across Right
	2	STEP Right to Right
	3	STEP Left beside Right
2	1-3	Repeat Measure 1, Part B. Reverse footwork
3-4		Repeat Measures 1-2, Part A
5	1-3	Man LUNGE back toward center with Left
6	1-3	Right WALTZ STEP forward
7-8		TURN a full TURN to Right (Clockwise) with 2 WALTZ STEPS; Left, Right

Part C (Man's Back to Center)

1	1-3	Man DIPS back with Left
2	1-3	STEP Right forward and hold
3	1-3	TURN a 1/2 TURN to Right (Clockwise) with Left WALTZ STEP
4	1-3	BEND knees and SWIVEL knees to Left and Right, end with knees STRAIGHT
5-6		BALANCE with 2 WALTZ STEPS; Left, Right
7-8		TURN a full TURN to Right (Clockwise) with 2 WALTZ STEPS; Left, Right. End with Man's back to Center
9-16		Repeat Measures 1-8, Part C. End in original Position to start again

Nigunim
(Israeli Couple Dance)

Translation: Melodies
Dance: Bentsi Tiram
Meter: 3/4
Formation: Couples in Promenade Position, facing Line of Dance-Counter Clockwise.
Woman on Man's Right
Music: Israeli Folk Dance Favorites: YED Vol. 4
Note: Man's steps described, Woman does opposite

Meas. Cts. Dance Description

Part A

- 1-2 2 **WALTZ STEPS** forward: Left, Right. **TURN** a 1/2 **TURN** in the end. Man **TURNS** Clockwise, Woman **TURNS** Counter Clockwise. End **FACING** Reverse Line of Dance (Clockwise)
3-4 2 **WALTZ STEPS** back: Left, Right
5 Left **WALTZ STEP** forward
6 Right **WALTZ STEP** back
7-8 2 **WALTZ STEPS** in place: Left, Right while **TURNING** the Woman under Man's Right hand. End **FACING** LOD in Promenade Position
9-16 **Repeat Meas. 1-8, Part A**

Part B (Face LOD, no hand hold)

- 1 1-2 Slow **STEP** Left to Left, toward center
3 **CLOSE** Right beside Left
2 1 **STEP** Left to Left
2 **STEP** Right across Left
3 **STEP** Left back in place
3-4 2 **WALTZ STEPS**: Right, Left **TURNING** a full **TURN** to Right
Note: Partners **CHANGE** places during Meas. 3-4, part B. Man **MOVES** behind Woman
5-8 **Repeat Meas. 1-4, Part B, reverse footwork and direction**

Part C (Face partner, both hands joined. Man's back to center)

- 1 Left **WALTZ STEP** forward toward partner
2 Right **WALTZ STEP** back, away from partner
3 Left **WALTZ STEP** forward toward partner, Woman **TURNS** Left under Man's Left arm, end in a Wrap-Around Position, both **FACING** out
4 Right **WALTZ STEP** while partner **TURN** 1/2 a **TURN** to Right. End **FACING** center
5 Left **WALTZ STEP** forward while **LIFTING** outside arms
6 Right **WALTZ STEP** back while **LOWERING** arms
7 Left **WALTZ STEP** in place while Woman **TURNS** to Right, end **FACING** partner. Man **FACING** center
8 Right **WALTZ STEP** away from partner
9-16 **Repeat Meas. 1-8, Part C. Reverse directions**

Perach Zahav
(Israeli Circle Dance)

Dance: Moshiko Halevy
Translation: Gold Flower
Music: Israeli Folk Dances Favorites YED Vol. 5
Formation: Circle
Position: W Hold. Face Center
Meter: 4/4

Meas. Cts. Dance Description

Part A (Face Center, Hands Joined in W Hold)

- | | | |
|---|-----|---|
| 1 | 1 | STEP Right forward BENDING Right knee |
| | 2 | STEP Left back |
| | 3 | STEP Right while LIFTING Left forward |
| | 4 | CIRCLE Left to Left in an arc |
| 2 | 1 | STEP Left behind Right |
| | 2 | STEP Right to Right |
| | 3 | STEP Left across Right |
| | 4 | HOLD |
| 3 | 1-3 | Take 3 STEPS forward toward center: Right, Left, Right |
| | 4 | PIVOT on Right TURNING a 1/2 TURN to Left (Counter Clockwise). End FACING out |
| 4 | 1-4 | Repeat Measure 3, Part A. Reverse footwork and direction |

Part B (Face Center, Hands Joined in W Hold)

- | | | |
|-----|-----|--|
| 1 | 1-3 | Right YEMENITE |
| | 4 | BRUSH Left to Left |
| 2 | 1 | STEP Left to Left |
| | 2 | STEP Right across Left |
| | 3 | STEP Left back away from center |
| | 4 | SWAY Right to Right |
| 3-4 | | Repeat Measures 1-2, Part B. Reverse footwork and direction |

Part C (Face Center, Hands Joined in W Hold)

- | | | |
|-----|-----|---|
| 1 | 1-3 | Take 3 STEPS forward toward center: Right, Left, Right |
| | 4 | BEND Right knee SHARPLY |
| 2 | 1-4 | Left YEMENITE back |
| 3 | 1 | STEP Right back |
| | 2 | STEP Left across Right MOVING away from center |
| | 3 | STEP Right back |
| | 4 | LIFT Left while TURNING SLIGHTLY to Right |
| 4 | 1-4 | Repeat Measure 3, Part C. Reverse footwork |
| | | Note: During Measure 3, Part C, the body TURNS SLIGHTLY to Right |
| | | During Measure 4, the body TURNS SLIGHTLY to Left |
| 5-8 | | Repeat Measures 1-4, Part C |

Uva'u Ha'ovdim

(Israeli Line Dance)

Translation: The Lost Ones Have Returned

Dance: Eliyahu Gamliel

Meter: 4/4

Music: Israeli Folk Dance Favorites: YED Vol. 4

Formation: Dancers are scattered, all facing the music. The dancers are arranged in a Square or Rectangle in evenly matched lines. The minimum number of dancers to execute the dance is 9 (3 lines of 3 dancers in each line).

The following are 2 Basic-Steps that repeat throughout the dance

Modified Tcherkessia

- 1 STEP Right forward
- 2 STEP Left forward while arms **COME** up above head
- 3 STEP Right back
- 4 STEP Left back while arms **COME** down Forward

Forward 1/2 Turn

- 1 STEP Right forward
- 2 PIVOT on Right, TURNING a 1/2 TURN to Right while STEPPING back with Left
- 3 STEP Right back
- 4 STEP Left beside Right

Meas. Cts. Dance Description

Introduction (No Hand Hold)

- | | | |
|-----|-----|---------------------------------------|
| 1 | 1 | STEP Right to Right and LEAN to Right |
| | 2 | SNAP fingers high ABOVE head to Right |
| | 3 | STEP Left to Left and LEAN to Left |
| | 4 | SNAP fingers high ABOVE head to Left |
| 2 | 1-4 | Repeat Meas. 1, Introduction |
| 3 | 1-4 | Modified Tcherkessia |
| 4 | 1-4 | Forward 1/2 TURN |
| 5-8 | | Repeat Meas. 1-4, Introduction |

Part A (No Hand Hold, Hands about shoulder high)

- | | | |
|---|-----|--|
| 1 | 1 | STEP Right to Right, LEADING with Right Heel. Hands REACH out to Right.
Keep body FACING front |
| | 2 | STEP Left beside Right. Elbows BENT and hands COME toward chest |
| | 3-4 | Repeat Cts. 1-2, Meas. 1, Part A |
| 2 | 1-4 | Repeat Meas. 1, Part A (Do this sequence for a total of 4 times) |
| 3 | 1-4 | Modified Tcherkessia, diagonally forward to Right |
| 4 | 1-4 | Modified Tcherkessia, diagonally forward to Left |
| 5 | 1 | STEP Right across Left, LEADING with Right Heel. Hands REACH out to Left
Keep body FACING front |
| | 2 | STEP Left beside Right. Elbows BENT and hands COME toward chest |
| | 3-4 | Repeat Cts. 1-2, Meas. 5, Part A |

- 6 1-4 Repeat Meas. 5, Part A (Do this sequence for a total of 4 times)
- 7 1-4 Modified Tcherkessia, diagonally forward to Left
- 8 1-4 Modified Tcherkessia, diagonally forward to Right

Part B (No Hand Hold)

- 1 1-4 Take 4 STEPS forward. Body BENDS over and hands go DOWN and UP as if you try to SCOOP something, like an offering
- 2 1-4 Forward 1/2 TURN. Hands to Left and Right like an offering
- 3-8 Repeat Meas. 1-2, Part B 3 more times Note: On the forth TURN, Turn 3/4 Turn

Interlude (Hands are joined at the end of the interlude in a Simple Hold)

- 1 1 STEP Right to Right while TURNING a 1/4 TURN to Left (Counter Clockwise, Right hand COMES up
- 2 HOLD
- 3 STEP Left beside Right as Left hand COMES up and everybody JOINS hands
- 4 HOLD

Part C (Hands Held down in a Simple Hold)

Note: During Meas. 1-6, Part C. Hands are Held

- 1 1-4 Take 4 STEPS forward as hands COME up ABOVE head: Right, Left, Right, Left
- 2 1 STEP Right across Left
- 2 LIFT Left in front of Right
- 3 STEP Left across Right
- 4 PIVOT on Left, TURNING a 1/4 TURN to Left (Counter Clockwise)
- 3 1-4 Take 4 STEPS forward as hands REMAIN up ABOVE head: Right, Left, Right, Left
- 4 1 STEP Right across Left
- 2 LIFT Left in front of Right
- 3 STEP Left across Right
- 4 PIVOT on Left, TURNING a 1/4 TURN to Left (Counter Clockwise) as your own Right hand COMES over your head and RESTS over your Left shoulder
- 5 1-4 Take 4 STEPS forward: Right, Left, Right, Left
- 6 1 STEP Right across Left
- 2 LIFT Left in front of Right
- 3 STEP Left across Right
- 4 PIVOT on Left, TURNING a 1/4 TURN to Left (Counter Clockwise) as hands COME down to waist high
- 7 1-4 Modified Tcherkessia (Hands are still held)
- 8 1-4 RELEASE hands and do the Forward 1/2 TURN