

HARMONICA

An Israeli Folk Dance
Record FOLK DANCER MH 1091

Harmonica

FORMATION: Circle of dancers, no partners needed, hands joined straight down.

PART 1: Move to Right. Step on Left foot, crossing it in FRONT of Right foot with full weight on it. Step to Right on Right foot. Step on Left foot crossing it in BACK of Right foot. Step to Right on Right foot. This is sometimes referred to as a "grapevine" or "Cherkessia" step.

Now step-hop on Left foot and step-hop on Right foot still moving counterclockwise (To Right) around the circle.

Repeat the above pattern 3 more times, a total of 4 times in all.

PART 2:

(a). "Harmonica" step: Cross Left foot over Right with full weight on it and thrust hips forward at the same time.

Step back on Right foot.

Step on Left foot and turn body slightly to Left and hop on Left foot.

(b) Now cross Right foot over Left with weight on it, hips forward. Step back on Left foot

Step on Right foot beside Left foot and turn body to Right as you hop on Right foot.

(c) Now do one more "Harmonica" step as described in (a).

Now do two step-hops to the Left starting on Right foot, swinging free foot forward.

Now repeat all of part 2 again, but this time start the "Harmonica" step with Right foot so you would do part (b), then (a), then (b).

Then do the 2 step-hops to Right starting with Left foot.

PART 3:

All place arms on each other's shoulders and sway to Left, then sway to Right. Then all face Left without dropping hands and run swiftly forward 4 steps, L,R,L,R, around the rim of circle.

Sway to Left and to R, and then do 4 running steps, 3 more times, for a total of 4 times all told.

Repeat dance from beginning. The record finishes with the first figure. Young folk like to do the whole record. We find that it is better to start the record in a bit, and start on the second repeat of the dance, to make it more comfortable for most people. Have fun!

The dance is by Rivka Sturman, the music by Alkoní and Elyakum arranged the music on the record.

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