

Sham Hareh Golan

(Israel)

Sham Hareh Golan (SHAHM hah-RAY go-LAHN) is translated as "There they are--the mountains of Golan". The choreography by Jonathan Gabalt is set to music by N. Shemer. This description is based on the presentation made by Shlomo Bachar at the 1973 University of the Pacific Folk Dance Camp.

MUSIC: Record: Hadarim LP-3, B/2. 4/4 meter.

FORMATION: Lines of dancers, hands joined low, facing LOD.

20 STYLING: Smooth, lyrical, flowing, with plié (bend of supporting knee) to enhance the softness of the style.

MUSIC 4/4

PATTERN

Measures

2 INTRODUCTION - no action.

I. MOVING IN LOD

A 1 With 4 light, fast, walking steps move in LOD (R,L,R,L).

2 With knee bent, step fwd on R, leaving L in place (ct 1); bend both knees and sway wt back onto L ft, leaving R ft in place (ct 2); sway wt fwd onto R ft (ct 3); bring L ft fwd just slightly off floor (ct 4).

Note: Meas 2 is the "camel" step prevalent in many Israeli dances: with knees bent, as wt is taken on fwd ft, the pelvis moves fwd preceding the upper portion of the body. When wt is transferred to trailing ft, the pelvis again leads. This undulating motion must be done smoothly, and never exaggerated or forced.

3 Lightly touch L heel fwd twice, no wt (cts 1,3). Slight plié of R knee when L heel touches.

4 Step bkwd on L in RLOD (ct 1); step ball of R ft near L heel (ct 2); step fwd on L (ct 3); hold (ct 4).

5-8 Repeat action of meas 1-4 (Fig 1), but on ct 4 of meas 8 pivot on ball of L ft to face ctr and begin to bring R leg around in a wide arc in front of L to prepare for next step.

II. MOVING TWD CTR

Note: During meas 1-3, the step on ct 1 is done with plié. The knee straightens by the time the heel touches on ct 3.

B 1 Moving twd ctr, step R across in front of L, raise joined hands fwd to no more than shoulder height (ct 1); with knee slightly bent, bring L leg around in front of R (ct 2); touch L heel lightly in front of R, no wt (ct 3); lift L ft very slightly (ct 4).

2 Step on L in same place L heel touched (ct 1); with knee slightly bent, bring R leg around in front of L (ct 2); touch R heel lightly in front of L, no wt (ct 3); lift R ft very slightly (ct 4).

3 Step on R in same place R heel touched (ct 1); with knee slightly bent, bring L leg around in front of R (ct 2); touch L heel slightly in front of R, no wt (ct 3); step on L where heel touched (ct 4).

4 Walk bkwd out of ctr (R,L,R,L), lowering hands to sides.

5-8 Repeat action of meas 1-4 (Fig 11).

Repeat dance from beginning.