

TA'AM HAMAN

(Israeli)

Ta'am Haman is a Bavarian Jewish tune and is translated to mean, The Taste of Manna. The lyrics and music was written by I. E. Navon, and the dance was choreographed by Yoav Ashriel.

Music: Melodic line: Phamplet #8, Merkaz Letarbut Ulechinuch, Israel, 1957.

Record: Vanguard, VRS-9048, Folk Songs by the Karmon Israeli Singers and Dancers.

Formation: Couples in double circle. Face CCW. Hands crossed, R in R, L in L.

Steps: Yemenite step, sliding step, brush, two-step.

Music: 3/4

Meas: Pattern

INTRODUCTION

- 1-2 I-a) Yemenite Step L (ct 123, 123).
3 Step R in front of L, bending knee slightly (ct 123)
4 Transfer weight back onto L (ct 123).
5 Again change weight forward onto R (ct 123)
6 and back onto L (ct 123).
7-8 Yemenite step R (ct 123, 123).
1-8 Repeat action of Fig. I, meas. 1-8
repeated
9-10 b) With L shoulder to ctr, do 1 sliding step (step-close-step) L (ct 123, 123). This should be a wide step with R ft chasing.
11-12 Brush R ft in front of L (ct 123) and make a slight dip on L (bend L knee while lifting R knee. Toe is pointed up. (ct 123)
13-16 Repeat action of Fig. I (b), meas. 9-12. Beginning with R ft. and moving away from center of circle.
9-16 Repeat action of Fig. I (b), meas. 9-16.
repeated
17-18 c) Yemenite step L (ct 123, 123)
19-20 Moving fwd CCW with step-close-step (ct 123, 123), R L R.
21-24 & Repeat action of Fig. I (c), three times.
17-24
repeated II a) Double circle, couples face to face. M inside, W outside. Both hands of M hold R hand of W in an upright position OR R hands joined at chest height
25-32 Repeat Fig. I (a), meas. 1-8 and 1-8 repeated. On the forward
25-32 step M keeps R ft on the outside of W R, R shoulder to R shoulder.
repeated
33-40 b) Repeat Fig. I (b) twice. Both begin with L ft. M moves CCW, W CW. R hands
33-40 are joined with partner. On ct 3 (4 meas) while bending knee M gives L hand to
repeated W on his L (R knee is bent and R ft touches ft of new W). W does the same with
M on her L, thus forming a chain of joined hands. On the repeat to R, change hands with partner and join hands with new W to M R.
17-24 c) Repeat Fig. I (c), meas. 17-24 exactly.
NOTE: The music is written 3/4 but the pulse or underlying beat of the music is 6/8.

As danced by Miriam Lidster
in Israel.

TA'AM HAMAN
Israeli Folk Dance
Record ARZI AN 10-21 (Taste of Manna)
or Vanguard VRS 9019 A side, band 1.

Ta'am Haman

YEMENITE

YEMENITE STEP: Step to Left on Left foot and cave in on it a little (count 1)
Step on Right down beside left (count and)
Cross Left over Right and put full weight on it (count 2)
Step to Right on Right foot and cave in on it a little (count 1)
Step on Left down beside Right foot (count and)
Cross Right over Left and put full weight on it. (count 2)

PART 1:

Skater's position, man to left of lady, hands crossed in front.
Do a yemenite step starting on Left foot. Rock forward on Right foot, rock back on Left foot, forward on Right and back on Left foot.
Do a yemenite step on Right foot.
Repeat all of Part 1.

PART 2:

Move sideways Left with a step-together step starting on Left foot. Brush Right foot from Right to left along the floor with full foot then Rise up on Left Toe and kick Right foot up with knee turn out and toes pointing outwards and curled towards body. Repeat the same step sideways to Right, starting on Right foot, step-together step. Brush Left foot along floor and bring left foot up with toe turned outwards.

Repeat part 2.

PART 3:

Yemenite Step to Left starting on Left foot and then run forward 3 quick steps Right, Left, Right, in yemenite rhythm. Do this 3 more times or 4 times all told.

There is now an interlude of music during which you manouever into the next position.

Face partner. Girl gives Right hand to partner and he holds it tenderly with both of his hands. In this position do Step # 1 as described above, noting that on the rocking steps, dance towards each other's Right shoulders.

Now hold partner by Right hand only and give left hand to neighbor. In this position all dance sideways to Left with step # 2 and touch heels with neighbor. Now move sideways to Right, changing hands as you pass partner and rejoin hands with new neighbor and do step # 2 and touch Left heels with neighbor. Do this whole figure again.

Now face forward CCW and cross hands and do step # 3 as above.

Interlude of music during which dancers wait.
Repeat entire dance in the same manner as the first time.

Often dancers like to play the record again, in which case you can begin the dance with the middle part as described above, and then do the first part in the middle.



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MUSIC: Melodic line: Pamphlet #8, Merkaz Letarbut Ulechinuch, Israel, 1957.

RECORD: Vanguard, VRS-9048, Folk Songs by the Karmon Israeli Singers and Dancers.

FORMATION: Couples in double circle. Face CCW. Hands crossed, R in R, L in L.

STEPS: Yemenite step, sliding step, brush, two-step.

MUSIC: 3/4

Measures	PATTERN
<u>INTRODUCTION</u>	
1-2	I.(a) Yemenite Step L (ct 1,2,3 - 1,2,3)
3	Step R in front of L, bending knee slightly (ct 1,2,3)
4	Transfer weight back onto L (ct 1,2,3)
5	Again change weight forward onto R (ct 1,2,3)
6	and back onto L (ct 1,2,3)
7-8	Yemenite step R (ct 1,2,3 - 1,2,3)
1-8 repeated	Repeat action of Fig. I, Meas. 1-8
9-10	(b) With L shoulder to ctr, do 1 sliding step (step-close-step) L (ct 1,2,3 - 1,2,3) This should be a wide step with R ft chasing.
11-12	Brush R ft in front of L (ct 1,2,3) and make a slight dip on L (bend L knee while lifting R knee. Toe is pointed up. (ct 1,2,3)
13-16	Repeat action of Fig. I (b), Meas 9-12. Beginning with R ft and moving away from center of circle.
9-16 repeated	Repeat action of Fig. I (b), Meas. 9-16.
17-18	(c) Yemenite step L (ct 1,2,3 - 1,2,3)
19-20	Moving fwd CCW with step-close-step (ct 1,2,3 - 1,2,3)RLR
21-24 &	Repeat action of Fig. I (c), three times. (4X in all)
17-24 repeated	
II.(a) Double circle, ptrs face to face, M inside, W outside. Both hands of M hold R hand of W in an upright position or R hands joined at chest height.	
25-32	Repeat Fig. I (a), Meas. 1-8 and 1-8 repeated. On the forward step M keeps R ft on the outside of W's R, R
25-32 repeated	shoulder to R shoulder.
33-40	(b) Repeat Fig. I (b) twice. Both begin with L ft. M moves CCW, W CW. R hands are joined with partner. On ct 3
33-40 repeated	(4 meas) while bending knee M gives L hand to W on his L

(R knee is bent and R ft touches ft of new W). W does the same with M on her L, thus forming a chain of joined hands. On the repeat to R, change hands with partner and join hands with new W to M R.

17-24 (c) Repeat Fig. I (c), Meas. 17-24 exactly.

NOTE: The music is written $3/4$ but the pulse or underlying beat of the music is $6/8$.

Complete dance is repeated twice more.