

S'EE YONAH
Israel

S'ee Yohan means "Fly Dove" and was choreographed by Moshiko in 1974. The dance is based on a Yemenite style.

PRONUNCIATION: Sih-ee Yo-nah

RECORD: Dance with Moshiko (LP) MIH 3, Side 2, Band 1

FORMATION: Circle (closed) with hands joined at shldr height and slightly fwd.

STYLE: Slightly elastic knees, small movements, ft close to floor. Movement in down-up throughout dance.

METER 4/4
Meas.

PATTERN

INTRODUCTION: 3 Meas, bells sound during meas 3.

FIG. I

- 1 Step R to R (ct 1), step L in place (ct 2), step R in front of L (ct 3), step L to L (ct 4).
- 2 Step R in front of L (ct 1), tap L toe behind R ft (ct 2), swing L around in a small low circle slowly to the front (ct 3-4).
- 3 Step L in front of R (ct 1), step R to R (ct 2), step L in front of R (ct 3), hold (ct 4).
- 4 Rock back on R, keeping L on floor (ct 1), hold (ct 2), rock fwd on L (ct 3), hold (ct 4).
- 5 Repeat meas 4.
- 6 Step (rock) fwd on R (ct 1), hold (ct 2), rock back on L (ct 3), hold (ct 4).
- 7 Repeat meas 6.
- 8 Rock fwd on R (ct 1), step on L bwd (ct 2), close R to L with bounce (ct 3), bounce on both ft (ct 4).
- 9-16 Repeat meas 1-8.

FIG. II

- 1 Bend on L and raise R sharply in back (ct 1), leap lightly on R just behind of L (ct 2), step on L just ahead of R, knees bent (ct 3), bounce (ct 4).
- 2 Repeat meas 1.
- 3 Step R to R, leave L in place (body moves down slightly) open arms and snap fingers (ct 1), step on L in place (body moves up (ct 2), step R in front of L (body goes down) bring arms together, hands crossed and snap at shldr height (ct 3), step L in place (body goes up (ct 4).
- 4 Repeat meas 3, cts 1-3 (cts 1-3), step L in place, hands begin to move in vertical circle, moving down with hands begin to move in vertical circle, moving down with hands facing you and fingers in snapping pos (ct 4).
- 5 Hands complete the vertical circle, palms end up opened, facing away from you (ct 1), reverse the hand circle, ending with hands facing you, fingers in snapping position (ct 2-3, continue hand movement (ct 4).

Continued...

S'EE YONAH, Cont'd.

- 6 Snap fingers (ct 1), hold (ct 2), moving in a CW circle and b bringing hands slowly down, step on R (body moves down) (ct 3), step on L (body moves up (ct 4).
- 7 Repeat meas 6, cts 3-4, twice more (cts 1-4).
- 8 Repeat meas 7. Raise arms slowly, join hands.

Presented by Karen Codman

Camp Hess Kramer Institute, October 1976

This dance was presented at the 1976 San Diego State U.F.D. Conference
by Moshiko