

SHECHARCHORET

(Israel)

Shecharchoret (sheh-har-HO-ret) is a couple dance choreographed by Ya'acov Levi to traditional Ladino music. The name means "The Dark One". The dance was introduced at the 1974 University of the Pacific Folk Dance Camp by Schlomo Bachar.

MUSIC: Record: Hadarim IV "I Remember...", Side B, Band 6. Meter 4/4

FORMATION: Cpls in a circle facing LOD, W to R of M, standing close together with inside hands joined and outside hands free to move with the flow of the dance.

STEPS & STYLING: Yemenite Step - Yemenite L: Step sdwd L on L bending knees (ct 1), rock onto R in place with knees straight (ct 2), step L across in front of R bending knees (ct 3), hold (ct 4). To dance a Yemenite R use opp ftwk.

Three-Step Turn*

There should be much communication between the cpl (eye contact) as Shecharchoret is a very romantic dance. The "hold" cts are most important. They make the dance more dramatic.

Ftwk is described for the M. W do opp except in Fig III where the ftwk is the same for both M and W. For ease of understanding the dance is written in cts instead of meas.

*Described in Vol. A-2 of Folk Dances from Near and Far, published by the Folk Dance Federation of California, Inc., San Francisco, California.

MUSIC 4/4

PATTERN

Counts

Upbeat and
1-18

INTRODUCTION Wait in place standing close together and looking at each other,

I. A. TRAVELING SIDE BY SIDE

1-4 Dance 1 Yemenite Step as follows: Step sdwd L on L bending knees and moving free hand out to the side - look twd hand - (ct 1); rock onto R ft in place looking at ptr again (ct 2); step L across in front of R bending knees (ct 3); swing R ft fwd, toe pointed in LOD as you rise onto the ball of L ft with both knees straight (ct 4).

5-6 Still looking at ptr and with hand still out to the side, slowly squat with R ft slightly in front of L.

7-8 Slowly rise taking wt on the L ft.

9-12 Beg R ft, dance 3 long steps in LOD (cts 9-11); hold (ct 12).

13-16 Dance 1 Yemenite Step as follows: Face ptr as you step sdwd in LOD on L changing hands to ML-WR (ct 13); still facing ptr rock onto R in place (ct 14); step thru twd RLOD on L (ct 15); hold, looking at ptr (ct 16).

17-20 Beg R dance a Three-Step Turn turning CW (W-CCW) and moving in RLOD (cts 17-19); hold, facing ptr (ct 20).

B. DANCING IN PLACE FACING PTR

1-2 With both hands joined rock back onto L ft bending knee but keeping back straight (R ft stays in place).

3-4 Rock fwd onto R ft straightening knees.

5 Rock back onto L ft bending knees and pulling the abdomen back. Sweep joined hands out to the sides.

6 Rock fwd onto R ft pushing abdomen fwd. Sweep joined hands down.

Shecharchoret - (con't)

- 7-8 Close L to R straightening knees, lifting chest and sweeping joined arms up to chest level with hands close together (ct 7); hold (ct 8).
- 9-10 Releasing hands lean back from ptr and snap fingers somewhat above chest level (ct 9); hold (ct 10).

II. THE HANDS

- 1 Still facing ptr step sdwd R on R (twd RLOD).
- 2 Step L across in front of R bending knees. At the same time bring arms up in front of chest and enfold both the W hands between M hands. W bring hands up to chest level and hold them with palms together and pointed upward.
- 3 Step back onto R ft and start to bring arms down.
- 4-6 Begin L dance a Three-Step Turn, turning CCW (W-CW) and moving in LOD. Gradually bring arms down to sides.
- 7-8 Close R to L (ct 7); hold (ct 8). W should finish with palms of hands parallel to floor, fingers close together and pointed out to the side.
- 9-16 Repeat action of cts 1-8 (Fig III).

III. CPL TURN AND YEMENITE (Ftwk is the same for both M and W. Ptrs stand side by side with R hips adjacent, R arm around front of ptrs waist and L arm extended diag upward [above head level]).

- 1-4 Turn CW with 3 steps: Step R bending knee (ct 1); step L straightening knee (ct 2); step R bending knee (ct 3); hold (ct 4). (1 complete turn).
- 5-8 Dance 1 Yemenite L. As you move apart drop waist hold and join R hands momentarily. Bring L arm straight out to the side with fingers pointed up and palm facing out. Look twd hand on cts 5-6. Look at ptr bringing L arm diag upward and placing R arm around ptrs waist again on cts 7-8.
- 9-32 Repeat action of cts 1-8 (Fig III) 3 more times.
- 33-34 M step R in place and close L to R (no wt) as you lead W in a 1/2 CW turn to resume orig starting pos. W steps R, L as she turns.
- Repeat dance from the beginning 2 more times (3 times in all). At the end of third time continue turning with R arm around ptrs waist and L arm diag upward. Continue stepping R with bent knee, L with straight knee as the music fades away.