

Shoofni
(Israel)

Shoofni (SHOOF-nee), meaning "watch me," was choreographed by Israel Yakovee to music by Naomi Amrani and Adani. It was taught by Israel at the 1994 University of the Pacific Folk Dance Camp in Stockton, CA.

CASSETTE: I.Yakovee Stockton Folkdance Camp 1994 Side A/1. 4/4,2/4 meter

FORMATION: Short lines facing ctr with hands joined in V-pos. Dancers may take a closer hold by joining hands and then bending elbows at right angles.

STEPS and
STYLING: Yemenite L: Step on L to L side, bending knees (ct 1); step on ball of R ft near L heel, straightening knees (ct 2); step on L across in front of R, bending knees (ct 3); hold, straightening knees easily (ct 4). Yemenite R uses opp ftwk and direction.

Steps are light and bouncy.

Measures	4/4,2/4 meter	PATTERN
4/4		
11 meas	<u>INTRODUCTION</u>	No action. Begin with vocal.
	I. <u>FACING CENTER; BACK TO CENTER</u>	
1	Step on L to L side (cts 1-2); step on R across in front of L (cts 3-4).	
2	Yemenite L but step diag bkwd L on L on ct 1.	
3	Step on R to R side (ct 1); step on L beside R (ct 2); step on R to R side (ct 3-4)	
2/4		
4	Step on L across in front of R (ct 1); step back onto R (ct 2).	
4/4,2/4		
5-8	Repeat meas 1-4.	
4/4		
9	Step on L to L side (cts 1-2); rock fwd onto R, releasing hands (ct 3); step back onto L, pivoting 1/2 R (CW) to face away from ctr (ct 4).	
10	Step fwd on R (ct 1-2); rock fwd onto L (ct 3); step back onto R (ct 4). On cts 3,4 rejoin hands.	
11-20	Facing away from ctr, repeat meas 1-10. End facing ctr with hands joined.	
	<u>INTERLUDE I</u>	
1	Step back onto L (cts 1-2); step sdwd R on ball of R ft (ct 3); step on L across in front of R (ct 4).	
2	Repeat meas 1, cts 3-4 (side, cross) twice.	
3	Step fwd on R (ct 1); hop on R, raising L knee (ct 2); step bkwd on L (ct 3); step on R beside L (ct &); step fwd on L (ct 4).	

II. ROCK FORWARD, BACK, TURN HALF

- 1 Hands are free at sides. Rock fwd onto R (ct 1); step back onto L turning 1/2 CW (R) to face away from ctr (ct 2); step on R slightly fwd (ct 3); step L beside R (ct &); step R slightly fwd (ct 4).
- 2 Facing away from ctr, repeat meas 1 with opp ftwk. The turn is 1/2 CCW (L) to end facing ctr.
- 3 Rock fwd onto R (ct 1); step bkwd onto L (ct 2); hop on L, lifting R knee (ct 3); step fwd on R (ct 4).
- 4 Step fwd on L (ct 1); clap hands while pivoting 1/4 CCW (L) to face RLOD (ct 2); step on R to R (cts 3-4).
- 5 Yemenite L.
- 6 Step on R to R side, swaying body to R (ct 1); step on L to L side, swaying body to L (ct 2); moving away from ctr, step on R across in front of L (ct 3); step on L to L side (ct 4).
- 7 Step on R across in front of L (ct 1); step on L to L side pivoting 1/4 CW (R) to face ctr (ct 2); step on R (ct 3); step on L across in front of R (ct 4).
- 8-14 Repeat meas 1-7.

INTERLUDE II

- 1-2 Facing ctr, dance a Yemenite R and L while joining hands.
- 3 Facing LOD, step fwd on R (ct 1); step on L beside R (ct 2); step fwd on R (ct 3-4).
- 4 Continuing, step fwd on L (ct 1); step on R beside L (ct 2); step fwd on L (ct 3); step back on R, turning to face ctr (ct 4).

SEQUENCE: Dance pattern as written three times.
 Dance Interlude I, meas 3
 Dance Fig II, meas 1-7
 Dance Interlude II, meas 1-2.