

STAM YOM SHEL CHOL
(Israel)

SOURCE: Shmulik Gov-Ari, choreographer; ~~Blue Star~~
 TRANSLATION: Just a Weekday
 PRONUNCIATION: STAM YOM SHEL CHOL
 MUSIC: Tel Aviv Express (Shimon Israeli)
 FORMATION: Circle; simple hold

METER: 3/4

PATTERN

Meas

Introduction:

PART A:

1 Step R to R (cts 1-3)
 2 Cross L over R (cts 1-3)
 3-4 Yemenite R back
 5 Step L to L while lifting R (cts 1-3)
 6 Step R to R while lifting L (cts 1-3)
 7-8 Slow two-step with L to L
 9-16 Rpt meas 1-8, Part A

PART B:

1 Step R to R (cts 1-3)
 2 Sway L,R (cts 1-3)
 3-4 Grapevine L behind R, R to R, L over R
 5 Step R to R and close L to R (cts 1-3)
 6 Step R fwd while swinging L fwd (cts 1-3)
 7-8 3 step turn to L with L,R,L
 9-12 Rpt meas 1-4 Part B
 13-16 4 balance steps fwd and back L,R,L,R
 17-32 Rpt meas 1-16 Part B

PART C:

1 Sway R to R while arms swing to R (cts 1-3)
 2 Sway L to L while arms swing to L (cts 1-3)
 3-4 3 step turn to R with R,L,R
 5-8 Rpt meas 1-3 Part C, reverse ftwk and direction
 9-12 Rpt meas 1-4, Part C.
 NTOE: Meas 9-12, R shldr to ctr, end facing out
 13-14 2 steps fwd L,R
 15-16 Turn ½ turn to L with L,R,L, end facing ctr
 17-32 Rpt meas 1-16, Part C

Continued...

81 STAM YOM SHEL CHOL

Source, delete Blue-Star

Pronunciation: STAHm YOHm shel CH-ohl

Introduction: Beg with singing - Formation: Face ctr, hands in "V" pos

Part A, meas 5: Yemenite R baek

Meas 5, delete while-lifting-R, then change to read:
Step L to L (sway), leaving R in place.

Meas 6, delete while-lifting-L, then change to read:
Step R to R (sway), leaving L in place.

Meas 7-8, delete to-L, then add to end: in LOD while facine ctr.

Part B, replace with:

1 Facing R of ctr, step R in LOD.

2 Step L in LOD (cts 1-2); step R to R turning to face ctr.

3 Grapevine to R: step L behind R (cts 1-2); step R to R (ct 3).

4 Continue grapevine: Step L across R (cts 1-2), hold (ct 3).

5 " " Step R to R (cts 1-2), close L to R (ct 3).

6 Step R fwd twd ctr (cts 1-2); hold (ct 3).

7-8 3 step turn to L stepping L,R,L, hold (cts 1-2, 3; 1-2, 3)
End facing ctr. Rejoin hands after turn.

9-12 Repeat meas 1-4

13-16 4 balance steps fwd and bkwd, in place, L,R,L,R - arms swing fwd and bkwd with steps.

17-32 Repeat meas 1-16.

81 Part C, meas 1, add to beg of meas: With hands released, sway....

Meas 3-4, add to end of meas: hold.

Meas 5-8, change meas 1-3 to 1-4

Meas 13-14, add to end: twd outside of circle.

Meas 17-32, add to end: End with hands joined in

"V" pos, facing ctr, ready to repeat dance from beg.