

SYN-CO-FE -- COUPLE DANCE

TIKVA RECORDS #2 45-98-3

Dance: Rivka Sturman
Music: Yaacov Sagal

Dance description written by Kenneth Spear.
Approved by Rivka Sturman on her visit to
the U.S.A. in 1965.

Formation: Partners standing side by side, man on inside, woman on outside, facing
CCW. Opposite footwork. Steps described are for the man. Man
begins with the left foot. Inner hands joined. Outside hands move
freely with motion of body.

Part I Music A 4/4 meter.

Syncopa step. Four steps with a syncopated change step on the fourth
beat. Steps are bouncy steps taken in a flirtatious manner.

- | Meas. | Count | |
|-------|-------|--|
| 1. | 1 | Step forward with the left foot. |
| | 2 | Step forward with the right foot. |
| | 3 | Step forward with the left foot. |
| | 4 | Step forward with the right foot. |
| | 5 | Syncopated change step: step on left toe in place, lifting body,
and giving dancer an upward and forward motion. |
| 2. | 5-7 | Same as measure 1, counts 1-3, beginning with the right foot, r.l.r. |
| | 8 | Turn to face partner, step on left to left. |
| | 9 | Syncopated change step: step on right toe, turning to face CCW,
and using the same impulsive upward and forward motion. |
| 3-4 | 9-16 | Repeat action of measures 1-2, counts 1-8. |

Part II Music B Release hands. Face partner. Man backs up to the center.
Woman moves forward to the center. Hands follow motion of body.

- | Meas. | Count | | |
|-------|-------|--|---|
| 1. | 1-4 | Syncopa step. Man begins with left, backing to center, taking four
steps. On 5 count of fourth beat, man changes his direction,
and steps with the left foot forward, with same impulsive
forward motion. Woman takes her syncopated 5 count of the
fourth step with her right foot stepping back, with a backward
impulse to the step. | |
| | 2. | 5-8 | Reverse action of counts 1-4. Man moves forward beginning with the
right, and does his syncopated change step with a backward
impulse. Woman does her syncopated change step with a forward
impulse. |
| | | 9-16 | Repeat measures 1-2, counts 1-8 of Part II, remaining face to face. |

Part III Music C Syncopated hand clapping on four steps.

- | Meas. | Count | |
|-------|---------|---|
| 1. | 1 | Step to left, bending knee, shift weight to the left. |
| | 2 | Clap hands over left knee |
| | 3 | Step to right, bending knee, shift weight to the right. |
| | 4 | Clap hands over right knee. |
| | 5,6,4,5 | Step again to left, clap hands over left knee; then step to right,
clap hands over right knee, shifting weight first to left,
and then to the right, clapping on the 5 count. |
| 2. | 5-6 | Joining inside hands, take two bouncy steps CCW, left, right. |
| | 7-8 | Swinging partners hand forward, and releasing hands, make an
individual full turn with two steps, man turning left,
stepping left, right; girl turning right, stepping right, left. |
| 3-4 | 9-16 | Repeat action of part III, measures 1-2, counts 1-8.

Repeat dance from the beginning. |