

Tfilah (Israel)

Tfilah (fee-LAH) means "prayer." This non-partner dance was choreographed by Shlomo Bachar to music composed by H. Berter. It was taught at the 1990 University of the Pacific Folk Dance Camp.

CASSETTE: Special by Shlomo Bachar for UOP Camp 1990 Side B/1. 4/4 meter

FORMATION: Dancers in a closed circle, hands joined ("V" Pos).

STEPS: Yemenite*.

STYLING: The styling is a mixture of the characteristic bouncing by flexion of knees and the more athletic modern Israeli style.

*Described in the Israeli Glossary of Steps and Styling, published by the Folk Dance Federation of California, Inc.

MUSIC	4/4 meter	PATTERN
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Measures

3 notes + INTRODUCTION No action. Begin with vocal.

9 meas

I. YEMENITE STEP

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| A | 1 | Facing ctr, dance yemenite R without a hold (cts 1,2,3); step on L ft to L (ct 4). |
| | 2 | Step on R ft across in front of L (ct 1); dance a yemenite L without a hold (cts 2,3,4). |
| | 3 | Leap onto R ft to R in LOD, moving joined hands fwd but keeping them low (ct 1); step on L ft across in front of R, moving joined hands back to "V" pos (ct 2); repeat cts 1,2 (cts 3,4). |
| | 4 | Step on R ft twd ctr, bending R knee and moving joined hands fwd (ct 1); step on L ft bkwd away from ctr, moving joined hands back to "V" pos (ct 2); step on R ft in place (ct 3); step on L ft across in front of R (ct 4). |
| | 5 | Release hands and turn once CW stepping R,L and moving LOD (cts 1,2); rejoin hands and step on R ft twd LOD and bend R knee (ct 3); step on L ft twd RLOD (ct 4). |
| | 6 | Step on R ft across in front of L, bend R knee and sway body to L (ct 1); step on L ft in place with body directly over ft (ct 2); step on R ft with a small step and slightly sway body to R (ct 3); repeat ct 3 with opp ftwk and direction (ct 4). |
| | 7 | Moving RLOD, step on R ft across in front of L (ct 1); step on L ft to L (ct 2); repeat ct 1 (ct 3); step on L ft in place (ct 4). |

8 Step on R ft beside L (ct 1); step fwd on L ft, thrusting body slightly fwd with L shldr leading (ct 2); step back on R ft (ct 3); step on L ft beside R (ct 4).

9-16 Repeat meas 1-8.

II. SHOULDER SHAKE

- B 1 Bending fwd from the waist, step R,L,R in place while shaking shldrs (cts 1,&,2); repeat cts 1,&,2 with opp ftwk (cts 3,&,4).
- 2 Turn $\frac{1}{4}$ CCW and step on R ft to ctr with R shldr leading (ct 1); step on L ft beside R (ct 2); repeat cts 1,2 (cts 3,4).
- 3 Turn $\frac{1}{2}$ CW with steps R,L,R,L to face LOD (cts 1,2,3,4).
- 4 Step on R ft away from ctr with R shldr leading (ct 1); step on L ft beside R (ct 2); repeat cts 1,2 (cts 3,4).
NOTE: On meas 2,3,4 look in the direction of travel.
- 5 Turn $\frac{1}{4}$ CCW to face ctr and step on R ft across in front of L (ct 1); step back on L ft (ct 2); hop on L ft bringing R knee up and to R side with a circular movement (ct 3); step on R ft to R (ct 4).
- 6 Step on L ft across in front of R (ct 1); step back on R ft (ct 2); hop on R ft bringing L knee up and to L side with a circular movement (ct 3); step on L ft to L (ct 4).
- 7 Facing ctr, step on R ft to R (ct 1); step on L ft beside R (ct 2); step on R ft to R (ct 3); stamp on L ft beside R with no wt (ct 4).
- 8 Repeat meas 7 with opp ftwk and direction.
- 9-16 Repeat meas 1-8.

INTERLUDE

- 1 Facing ctr, step on R ft to R (ct 1); stamp on L ft beside R with no wt (ct 2); repeat cts 1,2 with opp ftwk and direction (cts 3,4).

ENDING

- 1 Facing ctr, step on R ft to R (ct 1); stamp on L ft beside R with no wt (ct 2); step on L ft to L (ct 3); raise arms high and fwd and stamp R ft fwd 4 times quickly, taking wt on last stamp (cts ee,&,uh,4).

DANCE SEQUENCE: Dance pattern as written 3 times but omit the INTERLUDE the last time. Add Fig II once more and the ENDING.