

THE LAGUNA FOLK DANCERS



welcome you!

SYLLABUS

2000

price \$ 2.00

Ya'akov Eden

YA'AKOV EDEN is a professional dancer and choreographer in both Israel and the United States. He teaches at Ball State University, where he directed the traveling folk repertory, The Banevolks, for several years.

Ya'akov started his dancing career at the age of 11 with the Youth Movement in Israel. He danced with the National Kibbutz Troupe "Lahakat Hachativa" and then joined the famed "Students of Haifa Dancers." He directed his own group "The Northwest Galilee Repertory." In 1966, Ya'akov came to the United States and danced professionally with the "Tel-Aviv Review," based in New York City. While in the States, he earned his B.A. in dance from the University of Oregon and his M.A. from Ball State University.

Ya'akov travels throughout the United States, Canada, and Europe, conducting workshops and teaching at dance camps. He has taught at major camps such as Maine, Stockton, San Diego, and numerous others. Ya'akov is the past director of "Blue Star Camp," the National Israeli folk dance camp. In 1983, while on leave from Ball State University, Ya'akov directed the Aman Folk Ensemble, based in Los Angeles.

In the past few years, Ya'akov has become very interest in Country Western dance and has broadened his horizons in this new venture. Ya'akov and his wife Judy operate a dance studio, the "Garden of Eden Dance Studio," specializing in Ballroom, Country Western and swing dance.

Michael Ginsburg

Michael Ginsburg began teaching folk dance when he was 19 at Michael Hermann's Folk Dance House in New York. He has studied with Pece Atanasovski in Macedonia and researched material while traveling in the former Yugoslavia and Bulgaria. Michael has taught at numerous workshops and dance camps across the United States and Canada.

A very popular teacher with a thorough and supportive teaching style, Michael teaches dances which have appeal to dancers at all levels. He currently teaches Balkan dance in New York and runs a weekly international folk dance session.

He is an accomplished musician on trumpet, accordion, frula, and tupan and directs Zlatne Uste Balkan Brass Band, which has performed in Yugoslavia and is much in demand in this country. He currently teaches at the Bank Street College of Education in New York and is on the faculty of the Ethnic Folk Arts Center.

Belle Birchfield

Belle Birchfield started folk dancing at Northwestern University when she was thirteen and has done a lot of dancing and some teaching since. She moved to New York in 1980, joined Zlatne Uste about 1991, and helps with the Friday and Saturday night folk dance groups. She currently teaches electirical and computer engineering technology at a local community college.

AHAVAT CHAYA'I

(Israeli Circle Dance)

TRANSLATION: Love of My Life
 SOURCE: Sefl Aviv
 MUSIC: Israeli Folk Dances: Old Favorites YEDI
 FORMATION: Circle in a Simple hold (V position)

METER: 4/4, 2/4

PATTERN

Meas Count

Part A (Face center)

- | | | |
|-----|-----|---|
| 1 | 1 | Step Right to Right |
| | 2 | Hold |
| | 3 | Step Left across Right |
| | 4 | Cross hands in front of body and Snap fingers |
| 2 | 1-4 | Repeat Meas. 1, Part A |
| 3 | 1-4 | Yemenite Right with Hop |
| 4 | 1-3 | Take 3 Steps in RLOD - CW: Left, Right, Left |
| | 4 | Touch Right beside Left |
| 5-7 | | Repeat Meas. 1-3, Part A |
| 8 | 1-2 | Step-Hop Left, Turning a 3/4 turn to Left (CCW, end facing LOD-CCW) |

Part B (Face LOD - CCW)

- | | | |
|-----|--|--|
| 1-2 | | 4 Debka Steps forward in LOD; Right, Left, Right, Left |
| 3-4 | | Repeat Meas. 1-2, Part A |
| 5-8 | | Repeat Meas. 1-4, Part B |

Interlude (Face center)

- | | | |
|-----|---|---|
| 1-2 | | 2 Yemenite Steps: Right, Left |
| 3 | 1 | Step Right back, arms come up |
| | 2 | Shift weight forward to Left, bring arms down to W hold |

Part C (Face center, hands in W hold)

- | | | |
|-----|-----|--|
| 1 | 1 | Step Right diagonally forward across Left |
| | 2 | Step Left forward beside light |
| | 3 | Step Right diagonally forward across Left |
| | 4 | Hold |
| 2 | 1-4 | Repeat Meas. 1, Part C, opposite footwork and direction |
| 3 | 1-4 | Repeat Meas. 1, Part C |
| 4 | 1-3 | 3 step turn to Right, moving away from center; Left, Right, Left |
| | 4 | Hold |
| 5-8 | | Repeat Meas. 1-4, Part C |

Part D (Face center, hands in a Simple hold)

- | | | |
|-----|-----|---|
| 1-2 | | 4 Debka Steps forward, toward center, Right, Left, Right, Left |
| 3 | 1 | Leap Right to Right |
| | 2 | Step Left across Right |
| | 3-4 | Step-Hop Right in place |
| 4 | 1-3 | Turn 1&1/2 turns to Left, moving out: Left, Right, Left, end facing out |
| | 4 | Hop on Left |
| 5-6 | | 4 Debka Steps forward, away from center; Right, Left, Right, Left |
| 7 | 1-4 | Yemenite Right with hop |
| 8 | 1-2 | Balance; Right and Left |
| | 3 | Pivot on Right 1/2 turn to Right, Step Left beside Right, end facing center |
| | 4 | Hold |

Presented by Ya'akov Eden at the Laguna Folkdancers Festival 2000

AHAVAT HADASSAH

(Israeli Line Dance)

TRANSLATION: The Love Of Hadassah

SOURCE: Sara Levi Tanai

MUSIC: Israeli Folk Dances: Old Favorites YEDI

FORMATION: Short lines. Leader on right side of line. Hands held as follows: Left arms are bent with palms up. Right arm extended between arm and body of dancer ahead, palm to palm.

METER: 2/4

PATTERN

Meas Count

Part A (Face LOD-CCW)

- 1 1 Step Right forward in LOD (CCW)
2 Shift weight back to Left as body contracts
2 1 Shift weight forward to Right as body circles forward in a reverse circle motion
2 Step Left forward
Note: Meas. 1-2 are a camel step
3-8 Repeat Meas. 1-2, Part A 3 more times

Part B (Face center no hands held)

- 1 1 Step Right to Right as arms Extend to the side
2 Cross Left over Right as arms Cross in front of body, Snap fingers
2 1 2 Sways in place; Right, Left, arms Extended to the side with the first sway
2 Sway Right, Cross Left over Right as arms Cross in front of body, Snap fingers
3-8 Repeat Meas. 1-2, Part B 3 more times

Part C

- 1-8 Repeat Meas. 1-8, Part A (camel Step)

Part D (Arms held about shoulder height, palms out like cymbals)

- 1-2 Slow Grapevine: Step Right to Right, Step Left behind Right, Step Right to Right, Cross Left over Right and Hop on Left
3-8 Repeat Meas. 1-2, Part D 3 more times

BA'AH MENUCHA

(Israeli Circle Dance)

TRANSLATION: The Worker Got a Rest
SOURCE: Moshe Ashkenazi (Mussa)
FORMATION: Circle in a simple hold, face LOD (CCW)
MUSIC: Israeli Folk Dances: Old Favorites YEDI

METER: 4/4

PATTERN

Meas Count

Part A - (face LOD - CCW)

- 1 1-4 4 Steps forward. R, L, R, L
2 1-2 Step R across L
3-4 Step L across R
3 1 Step R across L, moving toward the center
2 Step L to L, L remains behind R
3 Step R across L, moving toward the center
4 Hold
4 1-4 Repeat Meas. 3. Part A, opposite footwork and direction
5-8 Repeat Meas. 1-4, Part A

Part B (face center)

- 1 1 Sway R to R
2 Hold
3 Sway L to L
4 Hold
2 1-4 Side Two-Step to R: Step R to R, close L beside R, step R to R and hold
3-4 Repeat Meas. 1-2. Part B. opposite footwork and direction
5 1 Step R to R
2 Touch L behind R
3 Step L to L
4 Touch R behind L
6 1-3 3 Step turn to R - R, L, R
4 Close L beside R
7-8 Repeat Meas. 5-6, Part B, opposite footwork and direction

Part C (face center)

- 1 1-2 2 Steps Fwd. R, L
3 Step R Fwd. while bending knees and raising arms
4 Step L back
2 1-4 Repeat Meas. 1, Part C, reverse direction
3-4 1-6 Double Tcherkessia with R
7 Close R beside L
8 Hold
5-8 Repeat Meas. 1-4, Part C

Part C

Note: measures 1-4 form a square

- | | | |
|-------|---|--|
| 1 | 1 | Step R to R |
| | 2 | Bend R knee |
| 2 | 1 | Step L across R |
| | 2 | Bend L knee |
| 3 | 1 | Step R back |
| | | Bend R knee |
| 4 | 1 | Step L to L |
| | 2 | Bend L knee |
| 5-8 | | Repeat meas. 1-4, Part C |
| 9-10 | | Two-step R fwd toward center with stomps |
| 11 | 1 | Hop on R |
| | 2 | Step L across R while bending knees and body forward |
| 12 | 1 | Step R back in place |
| | 2 | Hold |
| 13-16 | | Repeat meas. 9-12, Part C, opposite footwork |
| 17-20 | | 4 steps with knee-bends back: R,L,R,L |
| 21-32 | | Repeat meas. 9-20, Part C |

Part D

- | | | |
|------|---|------------------------------------|
| 1 | 1 | Stamp R to R |
| | 2 | Hold |
| 2 | 1 | Hop on R and extend L foot fwd |
| | 2 | Hold |
| 3 | 1 | Hold on R and extend L foot bkwd |
| | 2 | Hold |
| 4 | 1 | Stamp L across R while bending fwd |
| | 2 | Stamp R to R |
| 5 | 1 | Stamp L across R while bending fwd |
| | 2 | Hold |
| 6 | 1 | Stamp R to R, body up |
| | 2 | Close L beside R |
| 7 | 1 | Stamp R to R |
| | 2 | Hold |
| 8 | 1 | Step L behind R |
| | 2 | Hold |
| 9-16 | | Repeat meas, 1-8, Part D |

Interlude

- | | | |
|-----|---|-------------------|
| 1 | 1 | Step R to R |
| | 2 | Bend R knee |
| 2 | 1 | Close L beside R |
| | 2 | Bend L knee |
| 3-4 | | Repeat meas, 1-2, |

Part E

- | | | |
|------|--|-----------------------------|
| 1-20 | | Repeat Part D and Interlude |
|------|--|-----------------------------|

CHALOM NIFLAH

(Israel Couple Dance)

SOURCE: Ya'akov Levi
TRANSLATION: Wonderful Dream
PRONUNCIATION: Chah-LOM Neef-LAH
MUSIC: Israeli Folk Dances: Old Favorites YEDI
FORMATION: Cpls in Varsuviennne pos, facing LOD-CCW

METER: 4/4

PATTERN

Meas

Part A

- 1 Step R to R with bent knee (ct 1); shift wt. back to L (ct 2); touch R heel fwd and hold (cts 3,4)
- 2 Touch R heel to R (ct 1); touch R heel fwd (ct 2); bend L knee (ct 3); leap R fwd (ct 4)
- 3 2 slow steps fwd L,R, bending active knee after each step (cts 1-4)
- 4 L Yemenite (cts 1-4)
- 5-16 Rpt meas 1-4, Part A, 3 more times
- 17 Step R fwd turning L to face ctr (cts 1,2); arms go over W's head and extend to the R; shift wt back to the L, end facing RLOD (cts 3,4)
- 18 Repeat ftwk of meas 17 cts 1-4; end facing LOD.

Part B (Promenade Position)

- 1 Slow step R diag to R (cts 1,2); slow step L diag to L (Cts 3,4)
- 2 Two-step fwd starting with R (Cts 1-4)
- 3-4 Rpt meas 1, Part B, reversing footwork
- 5 Rpt meas 1, Part B
- 6 Tcherkessia step with R (Cts 1-4)
- 7-8 Rpt. meas 17-18, Part A
- 9-16 Rpt meas 1-8, Part B

Interlude

- 1-2 2 Yemenite steps R,L
- 3 2 slow steps fwd R,L, bend active knee with ea step (Cts 1-4)

DEBKA OUD

(Israeli Line Dance)

TRANSLATION: Line Dance Of The Oud (a Middle Eastern instrument)

SOURCE: Bentsi Tram

MUSIC: Israeli Folk Dances: Old Favorites YEDI

FORMATION: Line facing LOD - CCW in a Debka Hold

METER: 4/4

PATTERN

Meas Count

Part A (Face center)

- 1 1-2 Debka Step Right forward
3 Stamp Left forward without weight
4 Hold
2 1-4 Back Yemenite Left
3-4 Repeat Meas. 1-2, Part A

Part B (Face center)

- 1 1 Stamp Right to Right
2 Hold
3-4 Step-Hop Left across Right, while hopping on Left click Right heel to Left ankle
2 1 Leap Right to Right
2 Step Left across Right
3-4 Stamp Left beside Right without weight
3-4 Repeat Meas. 1-2, Part B

1-8 Repeat parts A & B

Part C (Face center)

- 1 1 Stamp Right to Right
2 Hold
3 Step Left behind Right
4 Hold
2 1 Leap Right forward
2 Step Left forward
3-4 Fast Yemenite Right
3 1 Stamp Left forward
2 Hold
3-4 Step-Hop Left back
4 1-2 2 Steps back; Right, Left
3 Stamp Right beside Left
4 Hold
5-8 Repeat Meas. 1-4, Part C

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DEBKA RAFT'ACH

(Israeli Line Dance)

TRANSLATION: Line Dance From the Town of Rafi'ach
 SOURCE: Yoav Ashrilel Dancers
 MUSIC: Israeli Folk Dances: Old Favorites YEDI
 FORMATION: Line in a Debka Hold

METER: 2/4

PATTERN

Meas Count

Part A (Face center)

1	1	Touch Right heel forward
	2	Touch Right in place beside Left
2	1	Touch Right heel forward
	2	Debka Step forward in LOD - CCW, with Right
3	1	Debka Step forward in LOD - CCW, with Left
	2	Close Right beside Left while Turning a 1/4 turn to Left (CCW)
4	1-2	2 Bounces in place by Lifting and Lowering heels
5-8		Repeat Meas. 1-4, Part A

Part B (Face center)

1	1	Touch Right across Left
	2	Debka Step Right in LOD
2	1	Debka step Left in LOD
	2	Close Right beside Left while Turning a 1/4 turn to Left (CCW)
3-12		Repeat Meas. 1-2, Part B 5 more times

Part C (Face center)

1-2	1-4	4 Jumps in place
3	1	Stamp Right forward while turning Right shoulder toward center
	2	Stamp Right forward while turning Right shoulder further toward center
4	1-2	Touch Right beside Left and bounce twice by lifting and lowering heels
5	1-2	2 Debka Steps in LOD - CCW; Right, Left
6	1-2	2 Bounces in place by lifting and lowering heels

Part D (Face center)

1	1	Stamp Right to Right as head Turns to Left
	2	Step Left behind Right as head Turns to Right
2-16		Repeat Meas. 1, Part D 15 more times

Part E (Face center, release hands, fists are clenched)

1	1	Step Right across Left while Turning body to Left, Bending over
	&	Leap onto Left
	2	Debka Step Right in LOD
2	1	Debka step Left in LOD
	2	Close Right beside Left while Turning a 1/4 turn to Left (CCW)
3-12		Repeat Meas. 1-2, Part E 5 more times

Part F (Face center, release hands, fists are clenched)

1	1	Stamp Right forward toward center, leading with Right shoulder and Bending over
	&	Shift weight to ball of Left
	2	Step Right forward
2		Repeat Counts 1 & 2, Meas. 1, Part F, opposite footwork but stand up
3-4		Repeat Meas. 1-2, Part F
5-6	1-3	3 Scissor Kicks forward; Left, Right, Left
	4	Close Left beside Right

DROR YIKRA

(Israeli Circle Dance)

TRANSLATION: Freedom shall call
 SOURCE: Eliyahu Gamliell
 MUSIC: Israeli Folk Dances: Old Favorites YEDI
 FORMATION: Circle in a Simple hold (V position)

METER: 4/4 & 2/4

PATTERN

Meas Count

Part A (Face center)

- | | | |
|------|-----|---|
| 1 | 1 | Step Right to Right |
| | 2 | Hold |
| | 3 | Step Left behind Right |
| | 4 | Hold |
| 2 | 1 | Leap with Right to Right |
| | 2 | Step Left across Right (Left knee bent) |
| | 3 | Step Right to Right |
| | 4 | Step Left behind Right |
| 3 | 1-4 | Yemenite Right |
| 4-6 | | Repeat Meas. 1-3, Part A, opposite footwork and direction |
| 7 | 1 | Step Right beside Left while heels come off the floor |
| | 2 | Lower heels |
| | 3 | Lift heels off the floor |
| | 4 | Lower heels to the floor |
| 8-14 | | Repeat Meas. 1-7, Part A |

Part B (Face center)

- | | | |
|---|-----|--|
| 1 | 1-2 | Step-Hop Right forward. Palms of hands move from sides of the body in a circular movement upwards and cross in front of chest with fingers close together, thumbs inside |
| | 3 | Step left forward, hands remain in the same position |
| | 4 | Hold |
| 2 | 1-4 | Repeat Meas. 1, Part B |
| 3 | 1-4 | Yemenite Right while moving back |
| 4 | 1-4 | Yemenite Left while moving back |
| 5 | 1 | Step Right beside Left while lifting heels off the floor |
| | 2 | Lower heels to floor |

Part C (Face center)

- | | | |
|-----|-----|--|
| 1 | 1 | Step Right diagonally back |
| | 2 | Step Left forward |
| | 3-4 | Step-Hop Right forward |
| 2 | 1-2 | Step Left forward, kneeling down on Right knee, snap fingers to Right |
| | 3-4 | Snap fingers to: Left, Right, Left |
| 3 | 1-2 | Snap fingers to Right |
| | 3-4 | Snap fingers to Left |
| 4 | 1-4 | Yemenite Right while moving back |
| 5 | 1-4 | Yemenite Left while moving back |
| 6-7 | 1-8 | Take 4 Step-Bends to turn one full solo turn to Right, hands up as if holding candies. |

Part D (Face center)

- | | | |
|------|--|----------------------|
| 1-12 | | Repeat Parts B and C |
|------|--|----------------------|

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EL GINAT EGOZ

(Israeli Couple Dance)

TRANSLATION: To The Nut Grove
SOURCE: Sara Levi Tana'i
MUSIC: Israeli Folk Dances: Old Favorites YEDI
STEPS: Hop, Walk, Leap
FORMATION: Couples anywhere in dance area. Woman on Man's R. R hands joined in front of man with elbows bent, L hand is bent with thumb and forefinger touching.

METER: 2/4

PATTERN

Meas Count

Part A

1 1 Step R to R
2 Hold
2 1-2 Lift L back and brush it forward while hopping on R
3 1 Step L across R
2 Hold
4 1 Close R beside L while bending knees
2 Hold
5-7 Repeat meas. 1-3

Part B

1 1 Step R behind L
2 Step L to L
2 1 Cross R in front of L
2 Hold
3 1 Close L beside R while bending knees
2 Hold
4-6 Repeat meas. 1-3 Part B

Part C

1 1 Leap back on R while L is extended.
2 Step forward on L
2 1 Cross R over L while turning a 1/4 turn CW
2 Hold
3 1 Close L beside R
2 Hold
4-6 Repeat Meas. 1-3, Part C

Part D

1-3 Repeat meas. 1-3, Part A
4-6 Repeat meas. 1-3, Part B

Presented by Ya'akov Eden at the Laguna Folkdancers Festival 2000

ERETZ AHUVA

(Israeli Circle dance)

TRANSLATION: Beloved Country
SOURCE: Moti Alfassi
FORMATION: Circle in a W hold. LOD-CCW
MUSIC: Israeli Folk Dances: Old Favorites YEDI

METER: 2/4 notated as counts 1,2,3,4 PATTERN

Meas Count

Part A (Face LOD-CCW)

- 1 1-4 2 bouncy Steps Fwd.
- 2 1-4 2 bouncy Steps back in RLOD R,L
- 3 1-4 Turn a full turn to R (CW) with 2 steps R,L,
- 4 1-4 Yemenite R
- 5 1-2 Step L to L while arms extend to the side
 3-4 Step R across L while crossing arms and snapping fingers
- 6 1-4 Turn a full turn to L (CCW) with 2 steps L,R,
- 7 1-4 Yemenite L
- 8 1-4 Close R beside L, cross arms and snap fingers

Part B (Face LOD-CCW)

- 1 1-2 Step R Fwd. in LOD
 3-4 Touch L beside R, and snap fingers above head
- 2 1-4 Repeat Meas. 1, Part B. Opposite footwork
- 3 1-4 Turn a full turn to R (CW) with 2 Step-Hops R,L,
- 4 1-4 Yemenite R
- 5 1-2 Step L to L while arms extend to the side
 3-4 Step R across L while crossing arms and snapping fingers
- 6 1-4 Yemenite L
- 7 1-2 Step R diagonally Fwd. to the center and snapping fingers
 3-4 Repeat Cts. 1-2, Meas. 7, Part B. Opposite footwork
- 8 1-4 Yemenite R
- 9-10 Repeat Meas. 7-8, Part B. Opposite footwork
- 11-12 Turn out 2 full turns (CW) with 4 steps R,L,R,L,
- 13-14 2 Yemenite steps R,L,
- 15 1-2 Close R beside L
 3-4. Snap fingers in front of body

EREV SHEL SHOSHANIM

(Israeli Couple Dance)

FORMATION: Couples facing CCW around circle., M on inside., W on outside* M holding W in Varsouvienne position.

MUSIC: Israeli Folk Dances: Old Favorites YEDI

TRANSLATION: Evening of Roses

METER: 4/4

PATTERN

Meas Count

- | | | | |
|-----|-----|---|--|
| 1 | 1-2 | Step R forward | |
| | 3-4 | Step L forward | |
| 2 | 1 | Step R forward | |
| | 2 | Step Left behind Right (on bent left knee) | |
| | 3 | Step Right beside Left (straighten Right leg) | |
| | 4 | Step Left beside Right (on bent Left leg) | |
| 3 | 1 | Touch Right heel slightly forward | |
| | 2 | Touch Right toe slightly forward | |
| | 3 | Brush Right foot forward while straightening Left leg. | |
| | 4 | Step forward on Right foot (on bent Right leg) | |
| 4 | 1 | Touch Left heel forward | |
| | 2 | Touch Left toe forward | |
| | 3 | Brush Left foot forward while straightening Right leg | |
| | 4 | Step forward on Left foot | |
| 5 | 1-2 | Step R forward | |
| | 3-4 | Step L forward | |
| | | <u>Man</u> | <u>Woman</u> |
| 6 | 1-3 | Take 3 small steps Fwd. | Take 3 small steps circling around the Man |
| | | | End on Man's Left in reversed Varsouvienne |
| | 4 | Hold | Hold |
| 7-8 | | Repeat Meas. 5 and 6 with opposite footwork so that man ends up in original position, both facing forward in LOD. | |
| | | Note: Hands remain joined throughout Meas. 5-8. | |

MANGINAT HADROR

(Israeli Circle Dance)

TRANSLATION: The Melody of Liberty

SOURCE: Se'adia Amishai

FORMATION: Circle, face center; Three Parts, each with 2 sections. Hands held down.

MUSIC: Israeli Folk Dances: Old Favorites YEDI

METER: 4/4

PATTERN

Meas Count

Part A - Section 1 (Face Center)

- 1 1-2 Rock R forward, hold
3-4 Rock L bkwd, hold
2 1 Rock R forward
2-4 Yemenite L
3 1 Hop L
2-4 3 steps, R to R, L to L, R to R, still facing center.
4 1-2 Sharp half-turn to L, hold
3 Hop L
4 Close R. Sharp turn toward center of circle
5-8 Repeat meas. 1-4, Section 1, Part A

Part A - Section 2 (Face CW, CCW)

- 1 1-2 Stop R, hold
3-4 Close L, Hold
2 1-3 3 running steps, R, L, R.
4 Leap onto L while keeping R leg behind L. End with sharp half-turn to face CCW
3-4 Repeat meas. 1-2, sec 2, Part A, facing CW.
5-8 Repeat meas. 1-4, sec. 1, Part A. All change of direction are done with sharp turns.
9-10 Repeat meas. 1-2, section 2, Part A. End with sharp half-turn to R.

Part B - Section 1 (Face CCW)

- 1 1-4 Leap R, run L, twice
2 1 Leap R
2-3 Two hops on R while making a full-turn following R shoulder (CW)
4 Leap L, facing CCW
3-4 Repeat meas. 1-2, section 1, Part B. End facing center.

Part B - Section 2 (Face center)

- 1 1-2 Fall backward on R while swinging arms up to waist level
- 3 Step L forward
- 4 Close R forward
- 2 1-2 Fall fwd on R while lowering arms.
- 3 Step L backward
- 4 Close R backward
- 3-4 Repeat meas. 1-2, sec. 2, Part B

Part C - Section 1 (Face center)

- 1 1-2 Step R to R, close L to R with strong steps, arms held down.
- 3-4 Repeat cts 1&2
- 2 1-2 Repeat cts 1 & 2 meas 1.
- 3-4 Step-hop on R while making half turn following R shldr, end facing outside circle
- 3-4 Repeat meas. 1-2, section 1, Part C with back facing ctr of circle. End with step hop on L, turning to L, end facing CCW.

Part C - Section 2 (Face CCW, center)

- 1 1-2 Fall backward on R, swinging L Fwd.
- 3-4 Three quick "samba" steps bwd, L,R,L.
- 2 1-4 Repeat meas. 1, section 2, Part C
- 3-6 Repeat meas. 1-4, section 2, Part B.

MI HAYISH

(Israeli Circle Dance)

TRANSLATION: Who Is The Man
 SOURCE: Eliyahu Gamliel
 MUSIC: Israeli Folk Dances: Old Favorites YEDI
 FORMATION: Circle in a Simple Hold

METER: 4/4

PATTERN

Meas Count

Part A (Face CCW)

- | | | |
|------|-----|---|
| 1 | 1-2 | 2 Steps forward; Right, Left in LOD |
| | 3 | Step Right forward |
| | 4 | Step Left back |
| 2 | 1 | Step Right back |
| | 2 | Step Left forward |
| | 3-4 | 2 Steps forward; Right, Left in LOD |
| 3-4 | | Repeat Meas. 1-2, Part A |
| 5 | 1-2 | 2 Steps forward; Right, Left in LOD |
| | 3-4 | 2 sways; Right, Left facing center |
| 6 | 1-2 | Step Right across Left, Swing Left to Left |
| | 3-4 | Step Left across Right, Swing Right to Right |
| 7 | 1-4 | Repeat Meas. 6, Part A, opposite footwork and direction |
| 8 | 1 | Stamp Right forward while body Leans forward |
| | 2-4 | 3 Steps back; Left, Right, Left |
| 9-16 | | Repeat Meas. 1-8, Part A |

Part B (Face center)

- | | | |
|-----|-----|--|
| 1 | 1-4 | 2 Step-Bends in place; Right, Left |
| 2 | 1-2 | Stamp Right forward, Swing Left forward with bent knee |
| | 3-4 | 2 steps back; Left, Right |
| 3 | 1-4 | Repeat Meas. 2, Part B |
| 4 | 1-2 | Turn a 1/2 turn to R (CW) with 2 steps; Right, Left |
| | 3-4 | Step-Bend Right back |
| 5-8 | | Repeat Meas. 1-4, Part B |

Part C (Moving in and out)

- | | | |
|-----|-----|---|
| 1 | 1-4 | 4 Step-Bends forward; Right, Left, Right, Left in Chassidic style, accenting steps 1&3 |
| 2 | 1-2 | Step-Bend Right forward while arms Stretch forward |
| | 3-4 | Step Right back while Turning a 1/4 turn to Right (CW), Stretching arms to Right & hold |
| 3 | 1-4 | Repeat Meas. 2, Part C, opposite footwork and direction |
| 4 | 1-4 | 4 steps; Right, Left, Right, Left while Turning a 1/2 turn to Right (CW) in place |
| 5-8 | | Repeat Meas. 1-4, Part C |

Presented by Ya'akov Eden at the Laguna Folkdancers Festival 2000

UVNEH YERUSHALAYIM

(Israeli Circle Dance)

SOURCE: Bentsy Tiram
TRANSLATION: Jerusalem
MUSIC: Israeli Folk Dances: Old Favorites YEDI
FORMATION: Circle dance, simple hold, face ctr

METER: 4/4 PATTERN

Meas

Part A

- 1-2 4 fast two-steps sdwd R,L,R,L (Cts 1-8)
3 Step R to R (ct 1); step L behind R (ct 2); step R to R and hop on R while lifting L (Cts 3,4)
4 Step L to L (ct 1); step R to R (ct 2); cross L over R and hop on L while lifting R (Cts 3,4)
5 Rpt meas 3, Part A (Cts 1-4)
6 Rpt meas 3, Part A, reversing footwork and direction (Cts 1-4)
7 3 steps fwd R,L,R (Cts 1-3); lift L (ct 4)
8 Rpt meas 7, Part A, reversing footwork and direction (Cts 1-4)
9-16 Rpt meas 1-8, Part A

Part B (Arms held high)

- 1 Step R (facing ctr)(ct 1); step L behind R (ct 2); step R (facing ctr)(ct 3); step L behind R (ct 4)
2 Rpt meas 1, Part B (Cts 1-4)
3-4 2 Mayim steps, R over L (Cts 1-8)
5 3 steps fwd R,L,R into ctr (Cts 1-3); lift L (ct 4)
6 Rpt meas 5, Part B, opposite footwork and direction (Cts 1-4)
7 Step R fwd (ct 1); close L beside R while turning 1/4 CW (ct 2); rpt Cts 1,2, (Cts 3,4)
8 Rpt meas 7, Part B (Cts 1-4)
Note: Turn 1/4 turn per 2 Cts
9-16 Repeat Meas. 1-8, Part B.

YARUS (EREV SHEL SHOSHANIM)

(Israeli Circle Dance)

TRANSLATION: Evening of Roses
SOURCE: Eliyahu Gamliel
MUSIC: Israeli Folk Dances: Old Favorites YEDI
FORMATION: Circle in Simple Hold

METER: 4/4

PATTERN

Meas Count

Part A (Face LOD -CCW)

- | | | |
|-----|-----|---|
| 1 | 1 | Step Right forward and Bend Right knee toward center |
| | 2 | Hold |
| | 3 | Shift weight back to Left |
| | 4 | Step Right forward |
| 2 | 1 | Step Left forward |
| | 2 | Brush Right forward |
| | 3-4 | 2 Steps forward; Right, Left |
| 3-4 | | Repeat Meas. 1-2, Part A, end facing center |
| 5 | 1 | Step Right to Right with bent knee |
| | 2 | Hold |
| | 3-4 | 2 Sways; Left, Right |
| 6 | 1 | Step Left forward, Lift Right with bent knee |
| | 2 | Hold |
| | 3 | Step Right back and Lift Left with bent knee |
| | 4 | Hold |
| 7-8 | | Repeat Meas. 5-6, Part A, opposite footwork and direction |

Part B (Face LOD - CCW)

- | | | |
|-----|-----|--|
| 1 | 1-4 | Repeat Meas. 1, Part A |
| 2 | 1 | Step Left across Right with bent knee |
| | 2 | Hold |
| | 3 | Step Right across Left, Turning a 1/4 turn to Left (CCW), |
| | 4 | Step Left forward |
| 3 | 1 | Step Right forward while Turning Right (CW) to face center |
| | 2 | Hold |
| | 3-4 | 2 Steps forward toward center; Left, Right |
| 4 | 1 | Step Left forward toward center |
| | 2 | Lift right with bent knee |
| | 3-4 | Close Right beside Left and squat down and stand up |
| 5 | 1 | Step Right diagonally back to Right |
| | 2 | Snap Fingers to Right |
| | 3 | Step Left diagonally back to Left |
| | 4 | Snap Fingers to Left |
| 6 | 1-4 | Repeat Meas. 5, Part B |
| 7-8 | 1-8 | 2 Yemenite steps; Right, Left |

Presented by Ya'akov Eden at the Laguna Folkdancers Festival 2000

AFED DUDA
(Macedonian Rom Line Dance)
(sometimes called KRSTACKA)

SOURCE: This is a dance done in Shutka, a suburb of Skopje which houses one of the largest communities of Rom (Gypsies) in the world. The dance is very similar to other crossing dances in the region such as Pembe, Postupano, and many others.

FORMATION: Hands held in W position

MUSIC: New Millennium - "Mchandija" or Zlatne Uste In the Center of the Village - "Lele Devla"

RHYTHM: 9/8 q q q s counted as 1 2 3 4

METER: 9/8 !! !! !! !!! **PATTERN**

Meas Count

- | | | |
|---|-----|----------------------|
| 1 | 1 | Lift R |
| | 2 | Step R in LOD |
| | 3 | Step L across R |
| | 4 | Step R in LOD |
| 2 | 1 | Step L across R |
| | 2 | Step R in LOD |
| | 3 | Step L across R |
| | 4 | Step R back to place |
| 3 | 1 | Lift L |
| | 2 | Step L to side |
| | 3 | Step R across L |
| | 4 | Step L back to place |
| 4 | 1 | Lift R |
| | 2 | Step R to side |
| | 3 | Step L across R |
| | 4 | Step R back to place |
| 5 | 1-4 | Same as measure 3 |

BANJSKO

Macedonia

SOURCE: This dance is from village Banje, Strumnica area. This dance is done in many occasions, wedding, picnic, Slava, etc.

RHYTHM: 7/8 (1 2 3)

FORMATION: Mixed line or open circle with W hold

MUSIC: New Millennium cassette

METER: 7/8

PATTERN

Meas

Part 1

- 1 Facing ctr., Step on R to R (ct 1); Slight lift on R (ct 2); Step on L behind of R (ct 3):
- 2 Step on R to R (ct 1) ;Face slightly to R, čukče on R twice and bring L knee up in front (cts.2,3)
- 3 Repeat Meas. 2 with opp. ftwk and direction
- 4-6 Repeat Meas. 1-3
- 7-8 Repeat Meas. 1-2
- 9 Step on L to L (ct 1); Lift on L (ct.2); Step on R in front of L (ct.3)
- 10 Step back on L (ct 1); čukče twice on L, bring R knee up in front (cts.2-3)
- 11-12 Repeat Meas.9-10 with opp.ftwk and direction
- 13-14 Repeat Meas.9-10

Part 2

- 1 Facing diag. to R, Step on R fwd (ct 1); Step on L fwd (cts.2,3)
- 2 Step on R fwd (ct 1); Step on L,R fwd (cts.2,3)
- 3-4 Repeat Meas. 1-2 with opp.ftwk.
- 5 Step on R fwd and face ctr., bring arms down (ct 1); Step on L behind of R (cts.2,3)
- 6 Step on R to R, bring arms up to "W" hold (ct 1); čukče on R twice and bring L knee up in front (cts.2,3).
- 7 Repeat Meas.6 with opp.ftwk and direction
- 8-10 Repeat Part 1, Meas.-3
- 11-20 Repeat Meas.1-10

Part 3

- 1-4 Repeat Part 2, Meas.1-4
- 5 Step on R fwd and start turning to CW (ct 1); Slight lift on R(ct.2); Step on L fwd and complete turn, face ctr (ct.3)
- 6 Repeat Part 1, Meas.2
- 7-8 Repeat Meas. 5-6 with opp. ftwk and direction

Dance notes by Fusae Senzaki
Presented by Michael Ginsburg & Belle Birchfield at the Laguna Folkdancers Festival 2000

BANJSKO

Narod se sobral
Narod, Makedonski
Gore na Pirin, da slavi
Na devet Livadi
Kaj Manastrot Roždenki

(Chorus)

Ej narode, Makedonski
Žuka padna slaven junak
Život dade za sloboda
Za svojata Makedonija

Pesni pejat,
Pesni Makedonski
Staroj miado se krenalo
Ta za nego zborea
Kaj e carot Pirinski

Kreni Se, Jane
Kreni si, družina
Zemja se trese, pirinska
Za sloboda se pee
Za Makedonska pravdina

DALIANA

Greek Line Dance

SOURCE: Learned from Joe Graziosi

MUSIC: New Millennium cassette

METER: 3/4

PATTERN

Meas

- Meas. 1 Facing R and moving R, step R (1), step L behind R (2), step R forward (3)
Meas. 2 Step L forward (1), step R forward (2), step L forward (3)
Meas. 3 Facing center step R to side (1), step L toward center (2), step R back to place (3)
Meas. 4 Step L to side (1), hold (2), step R across L (3)
Meas. 5 Step L to side (1), step R toward center(2). step L back to place (3)

Dance is done very smoothly.

INDINSKI COCEK

"Na Khular na Gitarar"

SOURCE: Macedonian-gypsy line dance. Learned from Steve Kotansky

MUSIC: Zlatne Uste CD - In the Center of the Village

METER: 2/4

PATTERN

Meas

- 1 Touch R beside L, step R in LOD (1,2)
2 Touch L beside R, step L in LOD
3 Touch R beside L, step R back (1,2)
4 Facing center step L to L, step R slightly towards center (1,2)
5 Step L toward center, step R back to place (1,2)
6 Step L back, step R forward to place (1,2)
7 Step L toward center, step R back to place (1,2)
8 Touch L beside R, step L in place (1,2)
Meas. 9 Step R toward center, step L back to place (1,2)
Meas. 10 Step R to R, step L across R (1,2)

Presented by Michael Ginsburg & Belle Birchfield at the Laguna Folkdancers Festival 2000

DRACEVKA

Macedonian Line Dance

SOURCE: Learned from Kete Ilievski

MUSIC: New Millennium cassette

FORMATION: Hands held down

RHYTHM: 7/8 !!! !! !!
 1 2 3
 s q q

METER: 7/8

PATTERN

Meas

Fig. 1

- 1 Step L in LOD (1), hop L (2), step R forward in LOD (3)
- 2, 3 Same as meas. 1
- 4 Step L forward in LOD (1), step R back (2)
- 5 Hop R (1), hop R (2), step L back (3)
- 6 Step R across L in reverse LOD (1), step LR quickly in place (&,2)
- 7- 10 Same as meas. 3-6
- 11-14 Same as meas. 3-6

Fig. 2

- 1-3 Same as meas. 1-3 of fig. 1
- 4 Step L in LOD while bending knees (1), keeping R behind L step RL moving slightly in LOD (&,2)
- 5 Leap onto R forward in LOD bringing L foot behind R calf (1), hold (2,3)
- 6 Touch L in front of R (1), touch L in front and slightly to L of R (2)
- 7 Hop R (1), hop R (2), step L back (3)
- 8 Step R back (1), step LR quickly in place (&,2)
- 9 Leap onto L forward in LOD bringing R foot behind L calf (1), hold (2,3)
- 10 Touch R in front of L (1), touch R in front and slightly to R of L (2)
- 11, 12 Same footwork as meas. 7,8 using opposite foot
- 13-16 Same as meas. 5-9

GRAOVSKO

(Šopluk., Bulgaria)

Graovo is a part of Šopluk and is located west of Sofia around the cities of Pernik and Breznik. Graovsko means "from Graovo" It is a general name for a dance from a big group of line dances consisting of similar movements. In each village they call them with differently, for example: Divotinsko (from the Village of Divotino), Zidarovsko (from the Village of Zidarovo), Kladniško (from the Village of Kladnica) etc. The leader of the line yells out the figure name and explains what has to be performed, keeping dancing the basic simple pattern. After that, he exclaims in a specific way ("Ha sega," "U bre," etc.) and everybody starts the new figure. Usually the beginning of the dance is slow whereas the end is very vivid. Presented here are two slow sequences: the simple basic one and one of the most popular called one. The source for this dance is the Group for Authentic Dances, performed at Koprivštica 1986.

PRONUNCIATION: GRAH-oh-vskoh.

MUSIC: Cassette: Folk Dances from Bulgaria - NK 1994.02 / A6.

Any other Graovsko piece or song can be used.

FORMATION: Short line or open circle. Hands in belt-hold position, L over R.

STYLE: Šopski styling includes: jerky, light, jumpy steps mainly on the front part of the foot, a lot of pauses, giving the impression of delay of some movements. Basic posture is with the body leaned fwd, keeping wt on the front part of the foot. All the leaps can be performed alternatively as steps on low energy level.

METER: 2/4

PATTERN

Meas

16 measures **INTRODUCTION**. No action.

FIGURE I: PODNESI (POHD-neh-sih)

- 1 Facing RLOD and moving in LOD, tap L heel, lifting R knee slightly (Ct 1); step bkwd onto R (Ct &); step bkwd onto L, bending L knee (Ct 2).
- 2 Repeat meas 1.
- 3 Facing LOD; small leap onto R in place (Ct 1); small leap onto L in place (Ct &); small leap fwd onto R, bending deeply R knee (ct 2).
- 4 Repeat meas 3 with opp ftwk.
- 5 Facing ctr, tap L heel, lifting slightly R knee (Ct 1); leap sdwd R onto R lifting L knee (Ct &); tap R heel, straightening L leg down low in front of the R (Ct 2).
- 6 Tap R heel, slightly lifting L knee (Ct 1); step sdwd L on L (Ct &); step on R in front of L, bouncing deeply (Ct 2); pause (Ct &).
- 7 Tap R heel, slightly lifting L knee (Ct 1); step on L sdwd L (Ct &); step on R behind L, bouncing deeply (Ct 2); pause (Ct &).
- 8 Step fwd on L, bouncing deeply (Ct 1); tap L heel, lifting R ft with straight leg (Ct 2).
- 9 Touch R ft across in front of L, keeping wt on L, both ft raised on toes (Ct 1); big step fwd on R, bouncing deeply (Ct 2).
- 10 Small leap onto L in place (Ct 1); small leap onto R in place (Ct &); facing LOD, small leap fwd onto L, bouncing deeply (cts 2,&).

FIGURE II: U MESTO (UH mehs-TOH)

- 1 Facing ctr, tap L heel, lifting slightly R knee (Ct 1); step bkwd on R(ct 2); step bkwd on L, bending L knee (Ct &).
- 2 Step on R in place, simultaneously tapping L heel (ct 1); tap L heel, lifting R knee (Ct &); leap onto R in place, bending R knee, lifting L knee (Cts 2,&).
- 3 Repeat meas 2 with opp ftwk.
- 4-17 Repeat meas 2-3 seven times.

SUGGESTED SEQUENCE:

Fig I three times.

Fig II once.

Keep that structure till the end of the dance.

Description © 1994 Nina Kavardjikova
Presented by Michael Ginsburg & Belle Birchfield at the Laguna Folkdancers Festival 2000

IZRUČANKA

(Mizia, Bulgaria)

Izručanka is a very popular dance throughout the area around the city of Vidin, northwestern Mizia. This is a Bulgarian line dance, bearing some characteristics of Serbian influence. The Bulgarian-Serbian border passes only a few miles west of the area. In various villages, the name of the dance appears the same, but the patterns are sometimes completely different. This Izručanka is from the village of Gradec in the Vidin region.

SOURCE: Group for ethnic dances from Gradec.

PRONUNCIATION: Ihz-ruh-CHAHN-kah

MUSIC: Cassette: Folk Dances from Bulgaria - NK 1995.03.

RHYTHM: 2/4 meter counted 1,2 or 1 &, 2 &.

FORMATION: Open circle, belt-hold pos, L over R.

STYLE: Mizijski: small, jumpy steps; ankles and knees reacting with bounces; relaxed upper part of the body, so that shoulders and arms can reflect the ftwk with tiny bounces.

METER: 2/4

PATTERN

Meas

1-4 INTRODUCTION. No action.

1 Facing LOD, leap fwd onto R (ct 1); leap fwd onto L (ct 2).

2 Repeat meas 1.

3 Facing ctr, leap sdwd R onto R (ct 1); leap onto L behind R (ct 2).

4 Tap L heel, touching floor with R toes in front of L (ct 1); repeat ct1(ct 2).

5 Leap onto R next to L, lifting L knee (ct 1); leap onto L in front of R (ct 2).

6 Leap onto R behind L (ct 1); leap onto L in front or R (ct 2).

7 Tap L heel, touching floor with R toes in front of L (ct 1); leap onto R behind L, lifting L knee (ct 2)

8 Leap onto L in front of R (ct 1); leap onto R behind L (ct2).

9 Accented leap sdwd L onto L, bending knee (cts 1,&); step on R next and half a foot in front of L (ct 2); step on L next and half a foot in front or R (ct &).

10 Repeat meas 9, with opp ftwk and direction.

11 Repeat meas 9.

12 Repeat meas 9 with opp ftwk and direction.

13 Repeat meas 9.

Suggested sequence:

The dance starts with meas 4.

Repeat the whole pattern.

The dance ends on meas 8 with a stamp on L next to R (ct 1).

Description ©1995 Nina Kavardjikova
Presented by Michael Ginsburg & Belle Birchfield at the Laguna Folkdancers Festival 2000

REKANSKO

(Macedonia)

Rekansko (REH-kahn-skoh), from the region of Ovcepole-Stipsko, was taught at the 1987 University of the Pacific Folk Dance Camp, by Atanas Kolarovski. It has an interesting combination of meters.

- MUSIC: LP: AK-013 Side B/2
- FORMATION: Circle of dancers, facing ctr, hands joined "W" pos.
- RHYTHM: 7/16 (a short measure) usually counted as S S Q S.
11/16 (a long measure) usually counted as 7/16 + 4/16 or S S Q S + S S.
- STEPS: **Run:** (7/16) Face and move LOD: Step fwd R on R (S), step fwd on L (S), slight leap fwd onto R (Q), step fwd on L (S). Can be done in opp direction (with opp ftwk.)
- Pas-de-basque:** Face ctr, step R to R - how this step fits into the counts will be described with the figures (S. S); step on L in front of R (Q), step back to place on R (S). The last two steps (cross, step) remain consistent throughout the dance.
- Grapevine:** Face ctr, leap onto L to L (S), step onto R in front of L (S), step onto L to L (Q), step back on R (S) (Some other versions will be described in the text).
- Refrain:** Face ctr, hop on R (S), step on L behind R (S), small leap onto R to R (Q), small leap onto L across R (S).
- STYLE: Light, with flexible knees. As the music gets faster, extra little hops and skips are frequently inserted. In particular, on the Refrain during Figs V and VI, kick the L fwd on the first hop, and add a second, very small hop on the upbeat, just before stepping onto the L behind. On Fig IV, Atanas frequently did a double turn.

METER: 11/16 & 7/16

PATTERN

Meas

INTRODUCTION: Begin after zurna solo.

I. STEP-HOPS Long-Long-Long-Short-Short (x2)

- 1 Run, beg R (SSQS), step fwd on R, turning to face ctr (S), hop on R with L raised in front (S).
- 2 Repeat meas 1 in opp dir with opp ftwk.
- 3 Face ctr, step onto R to R, but leave some wt on L (S), put rest of wt onto R ft (S), Pas-de-basque ending (QS), hop on R in place (S), step onto L beside R (ct S).
- 4 Hop on L (S), step on R to R (S), Pas-de-basque ending (QS).
- 5 Refrain.
- 6-10 Repeat meas 1-5.

II HOLD Short-Short-Short-Short (x4)

- 1 Run, beg R.
- 2 Face ctr, step on R to R (S), hold (S), Pas-de-basque ending (QS). (Variation: Step to R on R heel (S), bring ball of R ft down, with accent (S), Pas-de-basque ending (QS).)
- 3 Grapevine.
- 4 Refrain.
- 5-16 Repeat meas 1-4 three more times.

Rekansko (page 2)

III. TRIPLES Short-Long-Short-Short (x2)

- 1 Run, beg R.
- 2 Running step on R to R (Q), running step on L to R (Q) running step on R to R, facing ctr (S), reel step (with hop at end) as follows: lift on R (Q), step slightly back on L (S), lift on L (Q), step slightly back on R (Q), hop in place on R (S).
- 3 Facing diag L, hop on R (Q), step on L to L (Q), step on R across L (S), Grapevine ending (QS).
- 4 Refrain.
- 5-8 Repeat meas 1-4.

IV. TURNS Long-Long-Long-Short-Short (x2)

- 1 Run, beg R (SSQS), take 3 running steps, RLR, turning to face RLOD (QQS).
- 2 Run, beg L, moving RLOD (SSQS), turning to face ctr, step onto L to L (Q), step R next to L (Q), step L beside R (S).
- 3 With wt on both ft. bounce 3 times in place (QQS), Pas-de-basque ending (QS), hop on R (S), step L next to R. (S).
- 4 With wt on both ft, bounce 3 times in place (QQS), Pas-de-basque ending (QS).
- 5 Dance the Refrain while turning CCW in place, turning entirely on the hop-step (S-S).
- 6-10 Repeat meas 1-5.

TRANSITION - Short

- 1 Run, beg R.

V. STEP-BEHIND Short-Short-Short-Short (x6)

- 1 Run, beg R.
- 2 Face ctr, step R to R (Q), step L behind R (Q), step R to R (S), Pas-de-basque ending (QS).
- 3 Grapevine.
- 4 Refrain.
- 5-24 Repeat meas 1-4 five more times.

VI. ENDING Short-Long-Short-Short (x2)

- 1 Run, beg R
- 2 Repeat Fig V, meas 2 (QQSQS), hop on R in place (S), step on L next to R (S).
- 3 Repeat Fig I, meas 4.
- 4 Refrain
- 5-8 Repeat meas 1-4.

HINTS: Rekansko is a long and involved dance. It is hard to remember the details of the steps, partly because they don't have names. In an attempt to help dancers remember the sequences, we have attached names to each of the steps and figures. Some other things that may help:

All figures begin with a Run and end with a Refrain. Whenever there is a Grapevine, it is always directly followed by the Refrain.

Rhythmic Structure - calling 11/16 "L" (for long) and 7/16 "S" (for short), the figures have the patterns:

- I and IV: LLLSS
- II and V: SSSS
- III and VI: SLSS

The second measure of Figure III is the most difficult to teach. It may be easier think of the first Triple-step as part of the first measure.

Presented by Michael Ginsburg & Belle Birchfield at the Laguna Folkdancers Festival 2000

ROMSKA GAJDA

Rom(Gypsy)/Macedonia

Michael Ginsburg learned the dance from the Macedonian Rom (Gypsy) community in the Bronx, N.Y. This dance was originally done to gajda (bagpipe) melodies usually improvised. More recently, clarinetists and saxophonists play these melodies and attempt to emulate the sound of the gajda. This is currently a very popular dance done frequently at parties and celebrations in the Rom community in the Bronx.

This dance was also taught under the title "Bitolska Gajda", Idyllwild F.D. Camp 1992 by Michael Ginsburg.

TRANSLATION: Romska refers to the Rom (Gypsy) people; gajda is a bagpipe instrument

PRONUNCIATION: ROHM-skah GUY-dah

MUSIC: CASSETTE: Balkan Beauties - '92 by Michael Ginsburg, side A, #3 (Bitolska Gajda I), #4 (Bitolska Gajda II), #6 (Bitolska Gajda III)
This dance can be done to any Rom music with a moderate 2/4 tempo.

FORMATION: Lines joined in V-pos

METER: 2/4

PATTERN

Meas

INTRODUCTION: Beg at start of any musical phrase.

- 1 Facing R of ctr - step R-L fwd in LOD (cts 1-2).
- 2 Step R fwd (ct 1); step L behind and to R of R (ct 2); step R fwd (ct &). (S,Q,Q)
- 3 Step L,R,L fwd (cts 1-2-&). (S,Q,Q)
Note: Cts 2-& (R,L) are smaller steps than ct 1.
- 4 Turning to face ctr- step R to R (ct 1); small lift L in front of R then pushes low twd floor (ct 2).
- 5 Step L,R - moving slightly diag L fwd (cts 1-2).
- 6 Facing ctr - move bkwd with 3 small step - step L bkwd with slightly bent knee (ct 1); continuing bkwd - step R,L (cts 2-&). (S,Q,Q)
- 7 Step R beside L (ct 1); small lift L in front of R as in meas 4, ct 2 (ct 2).
- 8 Repeat meas 7 with opp ftwk. (L in pl, lift R)

SPERVERI

Greek Line Dance From Island of Rhodes

SOURCE: Learned from Joe Graziosi at Balkan Bash '98
MUSIC: New Millennium cassette
FORMATION: Front Basket Hold

METER: 2/4

PATTERN

Meas

- 1 Step RL to R
- 2 Step R to R (1), step L to L (2)
- 3 Step RL to L
- 4 In place, step R LR (1 ,2,&) On beats 1,2 circle foot before stepping.
- 5 Step L behind R (1) Step R to R (2), step L beside R (&)

TIK

Pontic Greek Line Dance

MUSIC: New Millennium cassette
FORMATION: Hands held in W position

RHYTHM: 5/8 !!! !!
 s q

METER: 5/8

PATTERN

Meas

- Meas. 1 Step R to R (s), step L behind R (q)
- Meas. 2 Step R beside L (s), hop R (q)
- Meas. 3 Step L beside R (s), hop L (q)
- Meas. 4 Step R beside L (s), hop R (q)
- Meas. 5 Step LR moving forward and in LOD (s), step L forward (q)