

FRILACHS (Jewish)

The Frilachs (Happy Dance) is a traditional east-European Jewish wedding dance. It was learned by Albert S. Pill from Nathan Vizonsky, noted authority on Jewish dance, who taught it to a dance group at the University of Judaism in Los Angeles. Further refinements of the dance were taught by Benjamin Zemach, director of dance for the University of Judaism.

Music: Record: Colonial LP 120 Side B, track 1 or track 2.

Formation: Cpls in a double circle, all facing RLOD. M is on inside of circle, W to L of M. R hands are joined by means of a handkerchief, formed in a triangular shape with the W holding one corner and the M the other. The handkerchief is held at eye level. The W holds her skirt with L hand while M has L hand behind his back with open palm.

Steps: Strutting Walk, M solo, W solo

M Solo Step: 2/4 time, 2 meas to complete 1 step.
Step to side on R ft (ct 1), step L ft next to R (ct 2), step to side on R ft (ct 1), raise and lower R heel with accent (ct 2). Repeat beg L. Hands are down at the sides and away from body, as if holding the bottom ends of a frock coat (caftan). Knees are bent and body is tilted slightly bwd.

W Solo Step: Make about 1/8 turn to R by twisting hip and heels to L, toes turned out to R (ct 1), twist hip and heels to R to straighten body and again face front (ct 2). Handkerchief is held at corners, about eye level.

Measures
2/4

Pattern

- I. WALK IN RLOD
- 1-2 Cpls walk fwd in RLOD with 4 Strutting Walk Steps beg R. This step is a light walking step with a slight suggestion of a bounce.
- 3 W step R (ct 1) and swing L across R (ct 2);
M step R (ct 1) and flick L ft fwd from the knee, keeping ft close to floor (ct 2).
- 4 W step L (ct 1) and swing R across L (ct 2);
M step L (ct 1) and flick R ft fwd from the knee, keeping ft close to floor (ct 2).
- 5-16 Repeat action of meas 1-4, Fig I.

- II. WALK AROUND AND W SOLO
- 1-3 Ptrs face twd each other with handkerchiefs still joined in R hands, held at eye level, bodies are tilted away from each other to the L, but R hips are closer together. Cpls move in own circle CW with 6 Strutting Walk Steps.

continued...

FRAILACHS (cont)

- 4 Do 2 Strutting Walk Steps, bending bodies slightly from waist, and changing handkerchief to L hands.
- 5-8 Ptrs circle CCW with 8 Strutting Walk Steps. Bodies tilted away from each other to R, but L hips are closer together.
- 9 W take corners of handkerchief and move into ctr with 4 walking steps. M lift R leg (ct &), stamp R (cts 1, &, 2).
- 10-15 W do 6 W Solo Steps in ctr of circle, while M continue action of meas 9 (Fig II), on outside of circle, facing ctr.
- 16 W back up to outside of circle with 4 walking steps. M continue action of meas 9 (Fig II).
- III. M SOLO
- 1-2 M move fwd and to the R into the ctr of circle with 1 M Solo Step.
- 3-4 All M now in ctr of circle, move to L with 1 M Solo Step beg L.
- 5-12 M continue moving to R and to L alternately with 4 more M Solo Steps.
During meas 1-12, W do a more subdued W Solo Step on outside of circle.
- 13-16 M turn 1/2 turn to R to face ptr, join handkerchief in R hand, and circle CW with 8 Strutting Walk Steps to end in beginning pos, ready to begin dance over again.

Presented by: Al Pill

FRAILACHS

- Steps: Delete description of W Solo Step and insert the following: With ft close together, twist heels slightly to L, bending knees (ct 1), recover and face ctr (ct 2). Repeat of step begins by twisting heels to R. Handkerchief is held at corners in front of face.
- Add: W Rest Step (2 meas): Step R ft to R (ct 1), close L to R bending knees (ct 2). Step R ft to R (meas 2, ct 1), close L to R bending knees (no wt) (ct 2). Repeat of step begins stepping to L.
- Fig II: Delete all of meas 9-16 and insert following:
- 9-10 W take corners of handkerchief and move into ctr with 4 walking steps. M lift R leg (ct &), stamp lightly on R (cts 1 & 2) and repeat.
- 11-14 W do 4 Solo Steps in ctr of circle, while M continue action of meas 9-10 Fig II, on outside of circle facing ctr.
- 15-16 W back up to outside of circle with 4 walking steps. M continue action of meas 9-10, Fig II.
- Fig III, meas 5-12: Delete line 3 and 4 and insert: During meas 1-12, W do W Rest Step on outside of circle, beg to the R.