

# ZICHRON VAROD

(Israel)

This partner dance was choreographed in 2009 by Elad Shtamer, and is his first choreography. In his early 20s, Elad represents the next generation of Israeli dancers and choreographers. He is also a “second-generation dancer,” being the son of Eli Shtamer who has been teaching dance classes and organizing dance events in Northern Israel for over 30 years.

Even if you never have the opportunity to do this particular dance again, you can borrow from it for your repertoire of freestyle waltz movements.

Pronunciation: zeeh-ROHN va-ROHD

Translation: Rosy Memory

Formation: Couples arranged in circles around the dance floor, all moving generally CCW. Begin standing side by side, with L shoulder to ctr. Inside hands joined in V pos

Notes: M and W use opp ftwk throughout dance. Movements are fluid and flow into each other, i.e. a rotation that cannot be fully completed during one waltz can be finished during the next.

<u>Meas</u>	3/4 meter	<u>Pattern</u>
-------------	-----------	----------------

Introduction 16 meas. Begin the dance with the lyrics.

I. Waltz fwd, W turns, waltz together.

- 1 One waltz step fwd CCW, beg with outside foot. Free arms open wide to the side and each faces slightly away from each other (W to R, M to L).
- 2 M uses 1 waltz to turn 1/2 to R and stepping in front of W while assisting W to turn L with her waltz steps under joined (M's R, W's L) hands. W ends facing CCW; M faces CW.
- 3 Join free hands (M's L, W's R) in V pos. M waltzes bkwd while W waltz fwd.
- 4 Maintaining the handhold, rotate as a couple 1/2 rotation CW using 1 waltz step. While rotating, couple also drifts CCW along the line of the dance. When M is again facing CCW, he releases W's R hand and both face CCW side by side as in the beg.
- 5-6 Repeat meas 1-2.
- 7-8 Take ballroom position. Two waltz steps making one rotation CW together. At the end of the two waltz steps, face CCW again and take inside handhold as at the beg.

II CHORUS: Waltz fwd, back, turn, waltz in place (“Woah-oh-oh”)

- 1 Waltz fwd, bringing both arms up and fwd head height.
- 2 Waltz in place: Step bkwd (ct 1); step in place with two small steps (cts 2, 3) while turning 1/4 to face parnter. Drop inside handhold and touch palms of outside hands (M's L, W's R) fwd.
- 3 Using the pressure of the joined hands to assist, turn individually fwd turning 1¼ with 1 waltz step. End side-by-side with inside hands joined in V pos, facing CCW.
- 4 1 waltz step in place.

## Zichron Varod – continued

- 5-6 Repeat Part II, meas 1-2, except join M's L W's R hands and take ballroom pos.  
7-8 Repeat Part I, meas 3-4

### III. Waltz around each other, wrapping, unwrapping, and waltzing

- 1 Repeat Part I, meas 1  
2 W uses 1 waltz to move behind M to his L side. M uses 1 waltz step to move in front of W to his R (M and W have switched places). M assists the W's movement by guiding her behind him by raising his R hand over and behind his head.  
3 Join inside hands in V pos. Waltz fwd side-by-side beg with inside ft  
4 Using 1 waltz step, M guides W in front of him to his R side by raising joined hands and allowing her to step sideways. W waltzes to her R in front of M. M's R hand, W's L hand join in front of W's waist ("wrap" position).  
5 Maintains this arm position while rotating in place one full rotation CW (W dances bkwd, M dances fwd).  
6 While dancing 1 waltz step M "unwraps" the W by raising his L hand (still joined with her R) and allowing W to turn R. M waltzes in place. Both hands remain joined.  
7-8 Release M's R, W's L hand and take ballroom position. Two waltz steps making one rotation CW together. At the end of the two waltz steps, face CCW again and take inside handhold.



**Wrap  
Position**

Sequence: I, I, CHORUS, III, III, CHORUS; I, I, CHORUS, III, III, CHORUS

Presented by Loui Tucker  
Camp Hess Kramer Institute  
October 30 – November 1, 2009