

JAMAJA LABAJALG
Pronounced "ya-ma-ya, laba-yalg"
(Estonian)

SOURCE: This is a flat footed waltz from Jamaja, Estonia. Although the steps are flat footed, the feeling of waltz must be retained.

MUSIC: Folk Dancer - MH 1047 - "Jamaja Labajalg"

FORMATION: Circle of couples facing CCW, men inside and women outside. The man's R arm is around his partner's waist and the lady's L hand is resting on the man's R shldr. Free hands are hanging loosely.

Measures CHORUS

- 1 Both M & W step on L ft (ct 1). Swing R ft across in front of L (ct 2). Swing R ft back twd R (ct 3). During this movement the free hands follow the swinging foot. The movement should be continuous and smooth.
- 2 Repeat Meas 1, using opposite ftwork and arm movements.
- 3-6 Repeat Meas 1 and 2 two more times
- 7 Repeat Meas 1
- 8 Man step R (ct 1) and touch L beside R (cts 2,3). W step R (ct 1), step L (ct 2), hold (ct 3). This meas is used for transition to the figure that follows. Assume shldr-waist closed dance pos with M's back to LOD.

FIGURE 1

- 1-8 In shldr-waist pos, take 8 waltz steps, turning CW and progressing CCW. There is no rise & fall with this waltz step. Step flat footed (imagine trying to balance a glass of water on your head). On Meas 8 open up to Chorus pos - M step R (ct 1), touch L beside R (cts 2,3). W step L (ct 1), step R (ct 2), hold (ct 3).
- 1-8 Chorus - As described before, except on Meas 8 W steps away from partner with 2 steps and couples join inside hands and face CCW.

FIGURE II

- 1 Both M & W step on the outside ft (ct 1) and swing inside ft across in front of outside ft (cts 2,3). Turn slightly back to back with this movement. Joined hands are swung fwd & up.
- 2 Both M & W step on the inside ft (ct 1), turning to face CW with M's L and W's R shldrs adjacent. Swing outside ft up & fwd thro the arch made by joined hands. (Joined hands swing back & up to form arch (cts 2,3)).
- 3 Both step on outside ft, pivoting $1\frac{1}{2}$ turns singly to face CCW, swinging joined hands fwd, then releasing them as both turn. (M turn L and W turn R)
- 4 Facing CCW hold (ct 1). Stamp on inside ft taking wt (ct 2) Hold (ct 3)
- 5-7 Repeat Meas 1-3.
- 8 Hold (ct 1). Stamp twice (cts 2,3). Man - Stamp R, take wt. Stamp L, no wt. W - Stamp L, R - take wt on both stamps. During this movement, assume Chorus pos.
- 1-8 Chorus - Assuming closed dance pos on Meas 8 as in Chorus 1.

FIGURE III

- 1 Make $\frac{1}{2}$ turn in closed dance pos as follows: M step back L (ct 1), tap R toe behind L ft twice (cts 2,3). W take one waltz step starting fwd R.
- 2 Same as Meas 1, except M's and W's ftwork is reversed.
- 3-6 Repeat Meas 1 & 2 two more times.
- 7 Repeat Meas 1
- 8 Open to Chorus pos - M step R (ct 1) and hold (cts 2,3)
W step L (ct 1) Step R (ct 2), hold (ct 3)
- 1-8 Chorus - On Meas 8, partners place R hips together and place joined hands on hips

FIGURE IV

- 1-4 Keeping R hips adjacent, both M and W take 4 waltz steps fwd. (Couple describes a tight circle).
- 5-8 Still maintaining R hips adjacent, lean away from partner at the shldr and both take 12 running steps fwd, ending in the Chorus pos. Tempo in these 4 measures increases.

Repeat the whole dance from the beginning.