

JAMAJA LABAJALG

Estonian Dance

(Flat footed waltz from Jamaja

Pronounced "ya-ma-ya, laba,yalg"

Record FOLK DANCER MH 1047

Jamaja Labajalg

FORMATION: Couples in a circle, all facing counterclockwise, Lady to Right of Man.

CHORUS: Man places Right arm around lady's waist; Lady places Left hand on man's nearest shoulder. Free hand is swung freely, in front of body in rhythm with swinging foot.

Note that this is a 3/4 rhythm dance yet the step-swing is usually done in 2/4 rhythm therefore the step has to be done with this in mind.

Meas.1: Step on Left foot for count 1. Then swing Right foot forward and across Left foot for counts 2 and 3.

Meas.2: Step on Right foot and swing Left foot forward.

Meas.3-8: Continue as in Meas.1-2 alternating feet and moving forward with each step. Make sure you rise up on ball of foot as you step-swing to make for more graceful dancing.

FIGURE 1: Take shoulder-waist position and waltz around the room. Use a flat-footed two-step type of waltz, trying to keep feet flat on floor as you dance, almost as if you were balancing a glass of water on the head.
DO THE CHORUS AS ABOVE.

FIGURE 2: Join inside hands and face counterclockwise. Step on Outside foot and at the same time swing inside foot forward and upward for count 1. Swing inside hands forward. Pause counts 2-3.
Step on inside foot, swing hands backwards and without dropping hands turn inwards towards partner so dancers are now facing clockwise looking under joined inside hands. Swing the free foot (Lady's Right, Man's Left) underneath joined hands. Pause counts 2-3.

Step on outside foot as you face counterclockwise again and pivot completely around on outside foot, swinging joined hands forward and releasing them during the turn. (man turns Left, lady to Right). Finish facing counterclockwise and stamp ONCE on inside foot for count 2.
Pause on count 3.

Repeat Figure 2 again, BUT at the end stamp TWICE, once on each foot.
DO THE CHORUS.

FIGURE 3: In shoulder-waist position do the TAP WALTZ THUS: Partners turn as in a regular waltz. Man steps on Left foot, count 1. He then taps twice with right toe, counts 2 and 3. At the same time the Lady takes a regular waltz step, Right, Left, Right. (Measure 1)
Man now takes 3 steps, Right, Left, Right for a regular waltz as the lady at the same time steps on Left foot and then taps twice with Right toe. (Measure 2). Continue this way, alternating with the man, then the lady doing the tap. The step is Right, Left, Right...Left, tap, tap with right toe. DO THE CHORUS.

FIGURE 4: PARTNERS stand with Right hips adjacent and place Right hands on each other's Left hip. Hold partner's hand in place on hip with own Right hand. Lean away from partner with hips touching and waltz forward in place in a clockwise direction with 4 steps. Then take 12 running steps in same position turning in place clockwise, in accelerated tempo.
Finish in side by side position with inside hands raised high.

Repeat dance from beginning.