

Sheikhani

(Assyria)

Translation: Shei-kha'-ni is a boy's name and is derived from the ancient Assyrian ta-ka'-ni which means "come, be happy".

Record: Folkraft LP-4 (A1) (2:14), also (A7) (2:20) vocal; Folkraft 733-1062A (2:12).

Formation: Open or broken circle, or line, no partners, leader at R end. (face center)
Elbows bent, forearms together (L over R), hands joined with fingers clasped. L foot free. *(Join hands with arms down, elbows straight, then raise hands to start position by bending elbows)*

Variation I - Basic

- 1 Step fwd on L foot, swinging hands slightly fwd (ct 1). Step-Close* (R) fwd (cts 2-and).
- 2 Step fwd on R foot (ct 1). Swing L foot fwd (ct 2). *(toe up)*
- 3 Two walking steps (L, R) bkwd, swinging hands back on second step and turning to face slightly R (cts 1-2).
- 4 Turning to face center, step slightly fwd on L foot, swinging hands fwd (ct 1). Turning to face and moving R, bending L arm so L hand is at small of own back, Step-Close* (R) fwd (cts 2-and).
- 5 Continuing, step fwd on R foot (ct 1). Step-Close* (L) fwd (cts 2-and).
- 6 Step fwd on L foot, turning to face center and swinging joined hands fwd (ct 1). Close and step on R foot beside L, swinging hands back to resume original starting position (ct 2).

Variation II - Hops and Cut Steps

- 1 As I above.
- 2 A slight leap fwd on R foot, swinging L foot back (ct 1). Hop three times in place on R foot, swinging L foot fwd, back across in front of R leg, diagonally fwd L (cts and-2-and).
- 3 Step-Hop** (L) bkwd (cts 1-and). Step bkwd on R foot, turning to face slightly R (ct 2).
- 4 Facing and moving R, step fwd on L foot (ct 1). Swing R foot fwd (ct and). A slight leap back on R foot in place, displacing L foot and swinging it slightly back (ct 2). A slight leap fwd on L foot in place, displacing R foot and swinging it slightly fwd (ct and).
- 5 Repeat pattern of measure 4 reversing footwork.
- 6 As I above.

Variation III - Big Jumps Forward and Down

- 1 Leap fwd on L foot (ct 1). Jump fwd on both feet, vigorously (ct 2).
- 2 As II above.
- 3 Step-Hop** (L) bkwd (cts 1-and). Jump lightly bkwd on both feet (ct 2).
- 4 Jump down on L foot and R knee (ct 1). Jump up on both feet in place (ct 2).
- 5-6 Repeat pattern of measure 4 twice (three times in all), freeing L foot at the end to resume original starting position.

Note: The following are variations for measures 4-6:

These are all that is mentioned in some instructions.

Variation IV - Little Jumps Sideward

- 4-6 Facing and moving R, with both feet together jump slightly to the L (ct 1), R-L (cts 2-and), R (ct 3), L-R (ct 4-and), L (ct 5), R, turning to face center, swinging hands back and freeing L foot to resume original starting position (ct 2).

Variation V - Skip

- 4-6 Facing slightly and moving R, six Skipping Steps starting with R foot, turning body to face center again on the last skip. (Following this variation, ct 1 of the next measure becomes also a skipping step, starting with R foot.)

Variation VI - Swing Foot

- 4 Facing slightly and moving R, step on L foot (ct 1), hop twice on L foot, swinging R fwd and back (cts 2-and).
 5 Continuing, hop on L foot, swinging R fwd (ct 1), a slight leap back on R foot in place, displacing L foot and swinging it slightly back (ct and), hop twice on R foot, swinging L fwd and back (cts 2-and).
 6 As I above.

Variation VIIa - Slide feet apart

- 4 Turning to face center, slide feet apart, L foot fwd and R foot back (ct 1), change foot positions twice, so R foot slides fwd and L back (ct 2) then reverse (ct and).
 5 Turning R about to face slightly out, repeat pattern of measure 4 reversing footwork.
 6 Turning L about to face center again, slide feet apart, L foot fwd and R foot back (ct 1), slide feet together, freeing L foot to resume original starting position (ct 2).

Variation VIIb - Jump Down and Slide Feet Apart

- 4-6 As VIIa above except jump down on the appropriate knee (R knee for measures 4 and 6, L knee for measure 5) so it almost touches the floor, then jump up for the switching of feet.

Note: The following additional variations for measures 4-6 learned from Roza Dizachi of Rezayeh, Iran:

Variation VIIIa - Rock Forward and Back

- 4 Turning to face center, rock fwd on L foot (ct 1), rock back on R foot in place (ct 2).
 5-6 Repeat pattern of measure 4 twice (three times in all).

Variation VIIIb - Rock Forward and Back, Clapping

- 4-6 As VIIIa above except release and clap own hands six times. Rejoin hands.

Variation IXa - Step-Touch

- 4 Turning to face and moving R, Step-Touch*** (L) fwd, bending knee to dip slightly on the step (cts 1-2).
- 5 Repeat pattern of measure 4, reversing footwork.

Variation IXb - Step-Touch Backward

- 4-6 As IXa above except moving to the L, backward.

Variation X - Half Turn

- 4 Releasing hands, Step-Touch*** (L) in place, turning half around to face out, bending L knee to dip slightly on the step (cts 1-2).
- 5 Rejoin hands and Step-Touch*** (R) in place (cts 1-2).
- 6 Releasing hands, two steps (L, R) in place, bending knee to dip slightly on the first step, turning L half about and rejoining hands to resume original starting position.

*Step-Close R: Step on R foot (ct 1), close and step on L foot beside R (ct and). Repeat, reversing footwork, for Step-Close L.

**Step-Hop L: Step on L foot (ct 1), hop on L foot (ct 2). Repeat, reversing footwork, for Step-Hop R.

***Step-Touch L: Step on L foot (ct 1), close and touch R foot beside L without taking weight (ct 2). Repeat, reversing footwork, for Step-Touch R.