

ELEF MECHAZRIM

(1,000 Suitors)

Dance: Yoram Sasson
Year: 2014
Music: Ilan Nuri
Formation: Circle facing CCW.

PART I

1-2 Fwd. R,L.
3&4 R-tog-R fwd.
5-6 L fwd and face center, R to R.
7&8 L behind R, R to R, L across R.
9-10 R to R, L across Rt.
11&12 Yem. R
13-14 Full turn to L with L,R and face CCW.
15&16 Yem. L bwd.
17-18 Step R fwd, touch L heel fwd raising R arm.
19&20 Yem. L bwd.
21-24 Rpt. 17-20
25-26& Step on R, hop twice on R making $\frac{1}{2}$ turn to R to face CW.
27&28 Step L bwd and face center, R to R, L across R.
29-32 Yem. R & L.
33&34 R to R, turn to L with L, R.
35&36 Yem. L bwd.

PART II – Face center.

1-2& Small jump with feet slightly apart (“sit”), 2 hops on Rt. moving to R., placing Rt hand on heart
3&4 L behind R, R to R, L across Rt.
5-8 Rpt. 1-4
9-12 4 bouncy skipping steps R,L,R,L moving twd center and making $\frac{1}{2}$ turn to L to face out, raising opposite arm straight up on each step.
13-14& Step R to R, step L behind R, R fwd in place.
15-16& Rpt. 13-14& with opp. footwork.
17-32 Rpt. Part II moving out of circle and end facing center.

PART III – Face center.

1&2 R-tog-R to Rt. side
3&4 L behind R, R to R, L across Rt.
5-8 Rpt. 1-4
9-12 Fwd R,L (& small hop on L,) R fwd bending knees, step back on L.
13-16 Turn out of circle to R with R,L,R,L making 2 complete turns out.

Rpt. Dance
Rpt. Part III
Move fwd to center raising arms.

Instructions notated by Honey Goldfein and Erica Goldman. Presented by Erica Goldman.

ACHAI BENAI TEIMAN

(My Yemenite Brothers)

Dance: Sefi Aviv **Year:** 1993
Music: Mordechai Yitzadi **Words:** Tzion Golan
Formation: Circle facing center with hands joined.

PART I

1-2 Sway R,L.
3-4 Step R across L, step L to L
5-6 Rpt. 3-4
7-8 Step R across L. Hold.
9-12 Yem. L
13-16 Rock R bwd, step L fwd, close R to L, hold.
17-30 Rpt. 1-14
31-32 Brush R next to L, in small arc toward R and turn to R to face CCW.

PART II

1-8 Two slow step-tog-steps fwd w/R and L moving fwd on the line of the circle. End by turning toward the L to face center.
9-12 Step R to R, hold, step L across R, hold.
13-16 Step R to R, hold, step L across R, hold and turn toward R to face CCW.
17-32 Rpt. 1-16 ending to face center.

TRANSITION 1

1-2 Small leap on R to R, strong step w/L across R and face center.
3-4 Step R bwd, step L to L (Cts 1-4 are a "box step")
5-6 Sway R, L and turn toward L to face CW.
7-8 Step R fwd while rising slightly on the R, hold.
9-10 Step L bwd while turning toward R to face ctr. and step R to R.
11-12 Step L fwd toward center.
13 Step R fwd toward ctr. and face to L (CW)
14 Step L in place, and face to L w/back toward center.
15-16 Step R fwd pivoting 1/2 turn bwd toward L and face center. Hold.
17-20 Yemenite L bwd.
21-24 Rpt. 1-4

PART III

1-4 Slow step-tog-step fwd w/R. End with 1/2 turn to L pivoting on both feet. Hold.
5-8 Slow step-tog-step fwd toward outside of circle w/L
9-12 1/2 turn to R in a semi-circle formation w/3 steps R,L,R. Hold. Face center.
13-14 Step L to L, step R in place and lean on R
15-16 Close L next to R and brush.
17-32 Rpt. 1-16 w/opp. footwork and direction (beg. w/L) but close R next to L with no brush.

TRANSITION 2

1-16 Rpt. 5-20 of Transition #1

PART IV

1-4 Rock R bwd, step L fwd, step R fwd, small leap fwd onto L.
5-6 Step R fwd and turn body slightly to R and snap fingers. Hold.
7-8 Rpt. 5-6 to L
9-12 Yemenite R
13 Step L to L
14 1/2 turn to R w/R pivoting on R so that back is toward center.
15-16 Close L next to R hold.
17-32 Rpt. 1-16 moving out of circle and end facing center.

Translated by Honey Goldfein. Dance presented by Erica Goldman.

ACHAI BNEI TEIMAN

Achai bnei Teiman
kir'u le'El Elyon. (2x)

Yashiv shavut tzion
el ir mehulalo. (3x)

Achai b'nei Teiman
kir'u lemelech ram.
Achai b'nei Teiman
osim ratzon gadol/konam
Achai b'nei Teiman
kir'u le'El Elyon.

Shiri ani esa
la'el/el El (ve)ram/marom (ve)nisa. (2x)

Al amcha chusa
vega'el bnei gola.
(3x)

Note:

Transliterated according to Yemenite Hebrew pronunciation, as it is sung.
A few sounds are different from standard Israeli Hebrew.

MY YEMENITE BROTHERS

My brothers, sons of Yemen,
call to Almighty God. (2x)

He will return the exiles of Zion
to his praised city. (3x)

My brothers, sons of Yemen,
call to the Most High King.
My brothers, sons of Yemen,
doing the will of the Great One.
My brothers, sons of Yemen,
call to Almighty God.

My song I will raise
to the exalted God of Heaven. (2x)

He has mercy on the people of Israel
and has redeemed those in exile.
(3x)

BESOF MA'AGAL
(At the End of the Circle)

Dance:	Itzik Sa'ada	Year:	1983
Music:	Kenny Young	Lyrics:	Yonatan Gefen
Singer:	Arik Sinai		
Formation:	Couples in a circle. Footwork described is for M. W use opp. ftwk & dir.		
Meter:	3/4 In notes, each count = 1 measure of 3/4		

PART I - Face CCW with inside hands joined.

- 1 Waltz step fwd w/L making 1/2 turn to L to face CW (W: turns to R w/R). Change the joined hands
- 2 Waltz step moving bwd (CCW) w/R
- 3 Waltz step fwd w/L
- 4 Separate with one waltz step R turning 3/4 turn away from each other to R (W turns to L) and end face to face with M on inside circle
- 5-6 Waltz bwd w/L, and fwd w/R (W: bwd w/R, fwd w/L) separating and returning to partner
- 7 Waltz step L turning full turn to L
- 8 Step R across L, step L in place, step R next to L returning to orig. position facing CCW
- 9-15 Rpt. 1-7
- 16 Face partner. M: Step R to R, step L in place, touch R next to L. W: Step L to L, step R in place, close L next to R (Note: as popularly done, repeat 8 instead.)

PART II - Face to face with R hands joined. M's back is to center.

- 1 Change places making 1/2 turn CW tog. with one waltz step R (for both). At end change the hands to join L hands
- 2 Rpt. 1 w/opp footwork and direction (turn CCW w/ L), however, instead of a waltz step, W takes two steps L,R, hold.
- 3 Join both hands. Step R to R, close L to R. Hold. (W is again with opp. ftwk.)
- 4 Step R to R, close L to R but without taking weight
- 5-6 Two waltz steps fwd and bwd w/L,R (W: w/R,L) approaching and separating from partner without releasing hands.
- 7-8 M: Two waltz steps L and R in place turning twd L to face CCW.
W: Two waltz steps R & L turning 3/4 turn to L under joined R hand (M's L) to end in wrap position facing CCW.
- 9-10 Two waltz steps fwd L,R and release M's R hand and W's L hand.
- 11-12 Two Yem. steps L,R (In 3/4 time) changing place and returning with M passing behind W.
- 13-14 Release hands, 3/4 turn in a small circle to L with 2 waltz steps L,R (W: to R)
- 15-16 Face partner in waltz position. Two waltz steps turning tog. CW on line of circle.

Notes by Honey Goldfein and Erica Goldman. Presented by Erica Goldman.

BESOF MA'AGAL

Uvesof ma'agal
Betzel shemesh bo'eret
Kibiti lach boker
Hidlakti lach erev.

Uvesof ma'agal,
Hitchamamnu al kerach.
Tziyart li shir eres.
Diklamti lach perach.

Shatinu kos etzev
Uvachinu kos tzchok.
Sharnu ba'esev
Hitkaravnu rachok.

Rak besof ma'agal
Sham hakav mitchaber lo,
Besof ma'agal, at sheli.

Uvesof ma'agal
Be'aviv shel shalechet
Halacht la'azov
Ach shachacht eich lalechet.

Uvesof ma'agal,
Hitchamamnu al kerach.
Tziyart li shir eres.
Diklamti lach perach.

Ona bechidot al
Tshuvot shesha'alti.
Chapsi misaviv
Uvasof tegali,

Shebesof ma'agal
Sham hakav mitchaber lo
Besof ma'agal, at sheli.

Ona bechidot
Veshoteket sodot.
Chapsi misaviv
Uvasof tegali,

Shebesof ma'agal
Sham hakav mitchaber lo
Besof ma'agal, at sheli.

AT THE END OF THE CIRCLE

At the end of the circle
In the shade of the burning sun
I turned off the morning for you
I lit up the evening for you.

And at the end of the circle,
We warmed ourselves on ice.
You painted a lullaby for me.
I recited a flower for you.

We drank a cup of sadness
And wept a cup of laughter.
We sang in the grass
We became close, far away.

But at the end of the circle
Where the line joins together,
At the end of the circle, you are mine.

And at the end of the circle
In the spring of autumn
You went to leave
But you forgot how to go.

And at the end of the circle,
We warmed ourselves on ice.
You painted a lullaby for me.
I recited a flower for you.

You answer in riddles
To answers that I asked.
Look around
And finally you'll discover,

That at the end of the circle
Where the line joins together
At the end of the circle, you are mine.

You answer in riddles
And keep quiet, secrets.
Look around
And finally you'll discover,

That at the end of the circle
Where the line joins together
At the end of the circle, you are mine.

ERETZ YISRAEL YAFFA
(The Beautiful Land of Israel)

Dance:	Yankele Levy	Year: 1980
Music:	Shaike Paikov	Meter: 3/4
Formation:	Circle	

PART I - Face center w/hands joined

1-3	Step R to R, step L across R, Step R back in place
4-5	Step L to L, R to R
6-8	Turn to L w/L, R, L
9-12	Mayim to L, beginning w/R across L
13-15	Waltz step fwd to ctr. w/R
16-18	Waltz step bwd w/L
19-21	Turn to R w/R,L,R
22-24	Step L behind R, step R to R, step L across R
25-48	Rpt. 1-24

PART II - Face CCW. Hands are free, w/arms bent and moving side to side.

1-6	Two waltz steps fwd w/R, L, swinging arms to R and to L at shoulder level
7-9	1/2 turn to R on the line of the circle to face CW w/ waltz step R
10-12	Back Yemenite left
13-24	Rpt. 1-12 in the opp. direction (CW), but w/same footwork.
25	Face CCW. Slap back of R hand on palm of L hand.
26-50	Rpt. 1-25

Notes translated by Honey Goldfein. Presented by Erica Goldman.

ERETZ ISRAEL YAFA

Na'ara tova yafat einayim
Lanu yesh be'erezt Israel
Ve'yeled tov yerushalaim
Ho mi pilel ho mi milel

Vetorah ora kazu yesh lanu
Vegam hagada umegila
Ve'elohim echad shelanu
Vekol chatan vekol kala

Chorus:
Eretz Israel yafa
Eretz Israel porachat
At yoshva ba vetzofa
At tzofa ba veporachat

Lanu yesh achai, harim alpaim
Bam na'avu raglei hamevaser
Vegam mal'ach min hashamaim
She'et nafshenu hu shomer

Vechasid ba'ir hazu yesh lanu
Vegam cha'yalot vegam prachim
Vehabrachot kulan shelanu
Vehabsorot vehashvachim

Chorus

Vehaemek hu kaftor vaperach
Vehahar hu kaftor vaperach
Vehatzafon shlagim vakerach
Vehadarom zahav tahor

Kol hapardesim notnim kan reach
Vehashkediot kulan porchot
Hashemesh kan tamid zoreach
Al mei tuga umenuhot

Chorus

Gam lapirchachim asher beinenu
Yesh makom be'erezt Israel
Min hatzarot shelo aleinu
Ata verak ata go'el

Bekachol lavan munaf hadegel
Vele'yerushalaim kol shirai
Anachnu shuv olim laregel
Ho, shiri am Israel chai

BEAUTIFUL ISRAEL

Nice girls with beautiful eyes
We have in Eretz Israel
And good boys
Oh, who would have believed it

And we have such a Torah that lights
And Hagadah and the Megilla
And the one God we've got
And the voices of the bride and the groom

Chorus:
Israel is beautiful
Israel is blooming
You sit and watch
You look at her, and (you) shine.

Brothers, we have 2000 year old mountains
Where the bearer of good news walked
And an angel from heaven
Who is watching our souls

And we have Hasids in this city
And women soldiers and flowers
And all the blessings are ours
And the gospels and the praises

Chorus

And the valley is extraordinary
And the mountain is extraordinary
And the north snow and ice
And the south pure gold

All the orchards here are spreading their scent
And all the almond trees are blooming
The sun always shines here
On waters of sadness and serenity

Chorus

As for the whippersnappers among us
They also have a place in Eretz Israel
From all the distresses, God forbid,
You- but only you, can save

In blue and white the flag is flying
And towards Jerusalem all my songs
We again are making a pilgrimage
Ho, sing: the people of Israel live

GA'AGUIM

(Longing)

Dance: Moshiko Halevy

Year: 1971

Music: Moshiko Halevy

Formation: Circle

Note: Sometimes also done as a couple mixer, with couples in a circle, W on M's R.
Rarely seen except as a circle in recent years.

PART I - Face center

- 1-2 Sway R, sway L
- 3-4 Step R in front of L, step L bwd.
- 5-6 Lift R in front of L and bounce on L, step R to R
- 7-8 Step L across R, hold.
- 9-32 Rpt. 1-8 three more times

PART II - Face CCW

- 1-2 Face CCW and step R fwd, hold
- 3-4 Step fwd L,R
- 5-6 Step L fwd, hold
- 7-8 Touch ball of R foot across and to L of L foot
- 9-10 1/2 turn pivoting on balls of both feet to L side.
- 11-12 Bend both knees and face CW.
- 13-14 Pivot 1/4 turn to R to face ctr.
- 15-16 Straighten knees

PART III - Face center

- 1-4 Yem L bwd
- 5-6 Touch R next to L without weight, step R to R
- 7-8 Close L to R without weight, hold
- 9-14 Rpt. 1-6
- 15-16 Step L to R (with weight), hold

Notes by Honey Goldfein and Erica Goldman. Presented by Erica Goldman.

GVANIM

(Shades of Color)

Dance: Shlomo Maman **Year:** 1978
Music: Y. Gordon **Meter:** 4/4 **Formation:** Circle facing center.

PART I

1-2 Step R to R, touch L next to R.
 3-4 Brush L to R and turn to R, hold.
 5-8 Slow step-tog-step fwd (CCW) beg. with L.
 9-16 Rpt. 1-8.

PART II

1-2 Three steps fwd to center beg. with R.
 3-4 1/2 turn to R pivoting on R (with L in air) and face out.
 5-8 Tcherkessia L.
 9-11 Three steps fwd with L.
 12 1/2 turn to L pivoting on L (with R in air) and face center.
 13-16 Face center: Tcherkessia R.

PART III

1-2 Step R to R, L to L (sway)
 3 R to R and open hands to sides.
 4 Cross L over R (hands and feet) and bend knees.
 5-8 Rpt. 3-4 twice more.
 9-10 Turn to R with R,L.
 11-12 R to R with a wide step and bend knee, hold.
 13-14 L to L, R across L.
 15-16 L to L with a wide step and bend knee, hold.
 17-32 Rpt. 1-16

Instructions translated by Honey Goldfein. Presented by Erica Goldman.

GVANIM

Et shirenu katavnu al petek kachol
 Ach ish lo sha'al leshem ma
 Ve'et shar hashirim shematzanu bachol
 Rashamnu bidyo aduma
 Uven kol hashirim shechipasnu lashav
 Gilinu echad belavan
 Ve'oto sheme'az ne'elam velo shav
 Ahavnu be'elef gavan

Le'itim kesheba shuv hachoref lalev
 Ovrin al panenu shirin
 Yerukim yerukim kmo sade melavlev
 Baboker la'or hem chozrim
 Le'olam lo neda et tziv'am ahshone
 Shel kol hashirim ba'olam
 Ki hae'eve sheba ve'elenu pone
 Tzove'a shachor et kulam

SHADES (OF COLOR)

We wrote our songs on a blue paper
 And no one asked why
 And the rest of the songs that we found in the sand
 We wrote with red ink
 Among all the songs we've looked for in vain
 We found one in white
 And the one that disappeared and never came back
 We've loved in a thousand shades

Sometimes when winter comes back into the heart
 Songs pass in front of us
 Green like a blooming field
 In the morning they return to the light
 We will never know the different colors
 Of all the songs in the world
 Because the evening that comes to us
 Paints them all in black

ICHULIM

Dance: Itzhak Biton Year: 1988
Music: Ya'akov Ahyesh Meter: 4/4
Formation: Circle with hands joined.

PART I - Face CCW.

1-2 Step R fwd, touch ball of L foot fwd.
3-4 Step L fwd pivoting 1/2 turn to L, touch ball of R foot bwd.
5-6 Step R bwd, step L bwd and face center.
7-8 Step and sway R to R, L to L.
9-16 Turn to R and Rpt. 1-8
17-22 Rpt. 1-6 moving twd center (and remain facing center).
23-24 Rock R bwd, L fwd.
25-26 Step R fwd, touch ball of L foot fwd.
27-28 Step L fwd and touch ball of R foot fwd.
29-30 1/2 turn fwd to R on the line of the circle with R,L.
31-32 Face center. Step and sway R to R, L to L.
33-64 Rpt. 1-32.

PART II - Face center.

1-2 Brush R fwd and raise knee.
3-4 Step R across L, L to L.
5-6 Step R fwd, step L in place making 1/2 turn to L.
7-8 Rpt. 5-6 completing the turn.
9-11 1/2 turn fwd to R (twd center) with R,L,R.
12-14 3/4 turn fwd to L (twd line of circle) with L,R,L and face CW.
15-16 Two steps fwd CW R,L.
17-18 Step R fwd and rise on toes.
19-20 Step L bwd and face center - step R to R.
21-22 Step L across R to CCW and rise on toes.
23-24 Step R bwd and face center – step L to L.
25-28 Mayim step to L (R across L, L to L, R behind L, L to L) end leaning on L to L.
29-30 Turn to R with R,L.
31-32 Step and sway R to R, L to L.
33-64 Rpt. 1-32

Instructions translated by Honey Goldfein. Dance presented by Erica Goldman.

MATANOT KTANOT (Small Gifts)

Dance:	Gadi Bitton	Year: 2014
Music:	Rami Kleinstein	Lyrics: Noam Horav
Singer:	Rami Kleinstein	Meter: 4/4
Formation:	Circle facing CCW	

PART I

1-2	Fwd R,L
3&4	R-tog-R fwd.
5-8	Rpt. 1-4 with opp. footwork continuing fwd on line of circle.
9-10	Step R fwd and face out, touch L toes to L.
11-12	Step L fwd and face center, touch R toes to Rt.
13-16	Make a 1¼ turn to Rt. on line of circle with R,L,R and face CCW, step back on L.
17-32	Rpt. Part I

PART II

1&2	R-tog-R fwd.
3-4	½ turn to L with L,R and face CW.
5&6	Yemenite L bwd.
7-8	Step R fwd with a long step and close L to R.
9-10&	R to R, Step L behind R, R in place.
11-12&	Rpt. 9-10& with opp. footwork
13-14	R to R twd ctr, L to L pivoting to L to face out of circle.
15-16	Step R to outside of circle and pivot to L to face CCW stepping on L.
17-32	Rpt. Part II, but do last step on L to face center instead of CCW

PART III

1&2&	R & L heel-steps fwd to center.
3&4&	Tcherkessia R (quick)
5-6	Step R fwd across L, L fwd across R.
7-10	Rpt. 1-4
11-12	½ turn fwd to R with R,L and face out of circle.
13&	Sway R,L.
14&	Step R across L (small step), shift weight back onto L. Move hands in front of body in a small upward circular motion.
15&16	Rpt. 14&; step R across L.
17-20	Rpt. 13-16 with opp. footwork and direction.
21-40	Rpt. Part III facing out and end facing center.
41-42	R to R, L across Rt.
43&44	Yemenite R.
45-46	Turn to L with L,R and face CCW.
47&48	Yemenite L bwd.

Repeat Dance.

PART IV – Face center.

1-2	R to R, L across R.
3&4	R bwd and behind L, L to L, R fwd.
5-6	Close with L and hold.
7-12	Rpt. 1-6
13-14	Step R fwd raising hands to R overhead, hold.
15-16	Step L fwd raising hands to L overhead, hold.
17-18	Rpt. 13-14
19-20	Step L across Rt. raising both hands.
21-24	4 steps bwd R,L,R,L.
25-28	R bwd, L in place, close R to L clapping hands and bending knees and then straightening knees and raising arms outward.

Instructions notated by Honey Goldfein and Erica Goldman. Presented by Erica Goldman.

MATANOT KTANOT

Zeh od yom shishi noshem et ha'avir
Ha'or vehatzel mesachakim shoov tofeset
Hashulchan aruch tmunot yaldut al hakim
Shayarot levenot chozrot mibet kneset
Vehare'ach hazeh shesoret li et halev
Mitganev mitganev vepote'ach dlatot
El osher ktan, el oto shir yashan
She'over etzlenu bemeshech dorot

Chorus:

Matanot ktanot
Mishehu shalach li matanot ktanot
Resisim shel kavana igulim shel emuna
Matanot ktanot - Mishehu shalach li matanot ktanot
Kmo hako'ach lekabel et ma she'en et ma sheyesh
Ma od efshar kvar levakesh?

Zeh od yom shishi mirpeset ve'iton
Hashemesh kmo ade'agot le'at nimcheket
Manginot pshutot zochalot mehachalon
Ve'shum sehara kvar lo tastir po et hasheket

Chorus:

Ki vanu vacharta , ve'otanu kidashta
Baruch ata adon_i mekadesh hashabat

SMALL GIFTS

Another Friday, breathing the air,
Light and shadow are playing "tag" again.
The table is set, childhood photos on the wall,
White processions are returning from shul,
And that smell which scratches my heart-
Sneaking in and opening doors
To a small joy, to the same old song
which is being passed along for generations.

Chorus:

Small gifts
Someone has sent me small gifts
Fragments of intent, circles of belief
Small gifts - Someone has sent me small gifts
Such as the strength to accept what I lack and what I
possess
What more can one ask for?

Another Friday- balcony and newspaper,
The sun, like worries, is slowly being erased,
Simple melodies crawl through the window
and there is no longer any storm which can hide the
silence.

Chorus:

For thou hast chosen us and sanctified us...
Blessed art thou, G-d, sanctifier of the Sabbath.

Note: the last two lines are taken from the Sabbath evening blessing said before drinking the Sabbath wine.

SAPARI (Tell Me)

Dance: Moshe Eskayo
Year: 1970
Music: Traditional Yemenite
Formation: Lines with hands joined

PART I - face CCW

1-3 3 steps fwd R,L,R
4 Brush L fwd
5-8 Rpt. 1-4 w/opp. footwork
9-10 Step R fwd, brush L fwd
11-12 Step L fwd, brush R fwd
13-14 2 steps fwd R,L
15-16 Close R to L.
-- (Pause in music) Snap fingers R & L
17-32 Rpt. 1-16 (no pause)

PART II - Face center

1-2 Step R to R, hold
3-4 Step L across R, hold
5-8 Sway R, L, touch R heel fwd, hold
9-10 Lift R fwd w/knee bent
11-12 Step back on R, step in place on L
13-14 Small leap fwd onto R, step L fwd
15-16 Close R to L
-- Pause in music and snap fingers R & L
17-32 Rpt. 1-16 (no Pause)
33-34 Jump on both landing with weight on R
35-36 Step L to L, step R in front of L
37-40 Rpt. 33-36 w/opp. footwork and direction
41-48 Rpt. 33-40
49-64 Rpt. 1-16

PART III - Face center

1-2 Step L to L, hold
3-4 Touch R toe in front of L
5-6 Step R behind L
7-8 Close L to R
9-10 2 bounces in place
11-12 Hop on L w/R knee bent off the floor
13-14 Step R across L, step L to L
15-16 Close R to L
17-32 Rpt. 1-16

PART IV - Face center

1-2 Lunge R to R w/knee bent
3-4 Raise L fwd off the floor, and step L across R
5-8 Rpt. 1-4
9-10 Stamp on R to R, and lean to R
11-14 Yemenite L
15-18 Yemenite R
19-22 Rock fwd. on L, bwd on R, close L to R and turn to face LOD.

Notated by L. Resnik. Presented by Erica Goldman.

ZOHI ARTZI

(This is My Land)

Dance: Didi Dosh **Year:** 1985
Music: Shalom Ochayon **Meter:** 4/4
Formation: Circle

PART I - Face CCW with hands joined in regular hold.

- 1 Step fwd (CCW) w/R
- 2-4 3/4 turn fwd to L on line of circle w/L, R, L ending with back to ctr. Take hands (L hand forward)
- 5-6 Step R across L, step L to L and face CCW.
- 7-8 Step-tog-step RLR with R foot stepping across L. Release hands.
- 9-10 Step fwd L, R to face center and take hands (R hand forward)
- 11-12 Step L behind R, step R to R
- 13-14 Step L across R, step R to R
- 15-16 Face CCW: Step-tog-step LRL w/L foot stepping across R
- 17-18 Sway R,L
- 19-22 Mayim step to ctr. (R foot across L) and end to face center
- 23-24 Rock fwd on R raising arms bent at elbows, step back on L in place lowering arms.
 Turn twd R to face CCW
- 25-26 Turn to R w/R,L moving twd line of circle (but not all the way)
- 27-28 Sway R,L
- 29-30 3/4 turn to R w/R,L returning to line of circle and face center
- 31-32 Rock bwd on R with bent knees (raising arms) fwd on L
- 33-64 Rpt. 1-32

PART II - Face center, hands are free

- 1-2 Rock fwd on R, bwd on L turning to R to face CCW.
- 3-6 Mayim to R (side, in front, side, behind)
- 7-8 Rock bwd on R, fwd on L
- 9-12 Step R to R, close L to R angling to R; step L to L, close R to L angling to L
- 13 Step R fwd w/stamp and lift L
- 14 Step L across R
- 15-16 Quick Yemenite R
- 17-24 Rpt. 9-16 w/opp. footwork and direction
- 25-48 Rpt. 1-24

Translated by Honey Goldfein, modified by Erica Goldman. Presented by Erica Goldman



חֲבֵה נָשִׁירָה בַּמַּחֲוֹל Hava Nashira Bamachol

A Thousand Suitors

You could have a thousand suitors
But a guy like me you'll only find in the
movies
Who will bring you a flower when
you're a little sad
How could you not see that I came
because of love?

And it hurts in my chest
I do not get over this
Years of disappointment
Have made me sick

It hurts in my chest
I do not get over this
Years of disappointment
Have made me sick

Dum dum dum dum...

What do you say, tell me what you
feel
At any moment, my heart will burst
from love
So come on darling, give me the sense
That you are also thirsty and would like
only love

And it hurts in my chest
I do not get over this
Years of disappointment
Have made me sick

It hurts in my chest
I do not get over this
Years of disappointment
Have made me sick

Dum dum dum dum...

Elef Mechazrim

*Yachol lihiyot sheyesh lach elef mechazrim
Aval bachur kamoni timtze 'i rak
basratim
Mi yavi lach perach she'tehi k'tzat
atzuva
Eich at lo ro'ah she'ani ba
me'ahava?*

*Ve'ze ko'ev li bachaze
Ani lo yotze mi'ze
Shanim shel achzava
Asu oti choleh*

*Ze ko'ev li bachaze
Ani lo yotze mi'ze
Shanim shel achzava
Asu oti choleh*

Dum dum dum dum...

*Ma at omeret, sapri li ma at
margisha
Halev sheli od rega mitpotzetz
me'ahava
Az bo'i motek tni et hatchusha
She'at gam tzmei'a ve'at rotza
rak ahava*

*Ve'ze ko'ev li bachaze
Ani lo yotze mi'ze
Shanim shel achzava
Asu oti choleh*

*Ze ko'ev li bachaze
Ani lo yotze mi'ze
Shanim shel achzava
Asu oti choleh*

Dum dum dum dum...

אלף מחזרים

יכול להיות שיש לך אלף מחזרים
אבל בחור כמוני תמצאי רק
בסרטים
מי יביא לך פרח שתהיי קצת
עצובה
איך את לא רואה שאני בא
מאהבה?

וזה כואב לי בחזה
אני לא יוצא מזה
שנים של אכזבה
עשו אותי חולה

זה כואב לי בחזה
אני לא יוצא מזה
שנים של אכזבה
עשו אותי חולה

דום דום דום דום...

מה את אומרת, ספרי לי מה את
מרגישה
הלב שלי עוד רגע מתפוצץ
מאהבה
אז בואי מותק תני את התחושה
שאת גם צמאה ואת רוצה
רק אהבה

וזה כואב לי בחזה
אני לא יוצא מזה
שנים של אכזבה
עשו אותי חולה

זה כואב לי בחזה
אני לא יוצא מזה
שנים של אכזבה
עשו אותי חולה

דום דום דום דום...

Alunelul de mână

From Oltenia, Romania

Presented by Sonia Dion & Cristian Florescu

Formation: Mixed close circle

Position: Facing LOD, hands joined up in W position

Pronunciation: ah-loo-NEH-lool deh Meu-nuh

Music: *Sonia Dion & Cristian Florescu Romanian Realm Vol. 7*, band 18

Note: This dance has only one sequence done in 22 counts (5 ½ measures).

Meter: 4/4

Description of *Alunelul de mână*

Meas. Count

Introduction

1-2 No action

Figure 1

(Facing LOD)

- | | | |
|---|---|---|
| 1 | 1 | Step on R swd to R and swinging forearms to R (windshield mvt.) |
| | 2 | Close L next to R (with wt) and swinging forearms to L (wind. mvt.) |
| | 3 | Step on R swd to R and swinging forearms to R (windshield mvt.) |
| | & | Close L next to R (with wt) and swinging forearms to L (wind. mvt.) |
| | 4 | Step on R swd to R and swinging forearms to R (windshield mvt.) |
| 2 | 1 | Close L next to R (with wt) and swinging forearms to L (wind. mvt.) |
| | 2 | Step on R swd to R and swinging forearms to R (windshield mvt.) |
| | & | Close L next to R (with wt) and swinging forearms to L (wind. mvt.) |
| | 3 | Step on R swd to R and swinging forearms to R (windshield mvt.) |
| | 4 | Step on L in front of R, swinging arms down, while lifting R ft and bending body (from waist) slightly in front |
| 3 | 1 | Step bkwd on R and swinging arms to come up in W pos (as body coming straightens up also) |
| | 2 | Step on L near R |
| | 3 | Step on R fwd |
| | 4 | Touch with L heel (no wt) in front of R with straight leg while bending on R leg |
| | 4 | 1 |
| 2 | | Touch with L heel (no wt) diag. right |
| 3 | | Step on L fwd while starting to swing arms down |
| 4 | | Raise R leg (bend knee 45°) in front, while bringing arms down and slightly bkwd |

Meter: 4/4

Description of *Alunelul de mână* (continued)

Meas. Count

5	1	Step on R fwd while starting to bring arms up
	2	Raise L leg (bend knee 45°) in front, while bringing arms up in W pos.
	3	Step on L bkwd
	4	Step on R bkwd
6	1	Step on L bkwd
	2	Touch on R near L

Final pattern:

Repeat the sequence according to the music.

Described and presented by Sonia Dion & Cristian Florescu, ©2013

Bătrâneasca

From Bucovina, Romania

Presented by Sonia Dion & Cristian Florescu

Formation: Mixed closed circle

Position: facing center, hands joined up in W pos.

Pronunciation: buh-treu-NEH-AHS-kah

Music: Sonia Dion & Cristian Florescu Romanian Realm Vol. 7, band 15

Meter: 2/4

Description of *Bătrâneasca*

Meas. Count

Introduction

1-16 No action

Transition

1 1 Feet in second pos., sway to the L, put weight on L
2 Feet in second pos., sway to the R, put weight on R

2 Repeat measure 1

Figure 1

1 1 Step L across in front of R
2 Step R to the right (swd)
2 1 Step L across behind R (across back of R)
2 Step R to the right (swd)

(N.B. Meas. 1-2 = grapevine)

3-8 Repeat measures 1-2 three more times (4 in total)

9 1 Step on L to the right facing slightly diag. to the right in front of R ft.
& Close R near L ft
2& Step on L to the right in front of R ft.
(measure 9 = one *two-step*)

10 1 Facing center, step on R to the right
2 Step on L in place

Note: during this measure you may shout: HOP! HOP!

Meter: 2/4 Description of *Bătrâneasca* (continued)

Meas. Count **Figure 1** (continued)

11-20 Repeat measures **1-10** with opp ftwk and direction (starting R ft)

21-40 Repeat measures **1-20**

41-48 Repeat measure **1-8** (4 *grapevines*)

Figure 2

1 1 Facing center, step on L twd center
 2 Step on R twd center

2 1 Step on L twd center
 2 Touch with R near L ft

3-4 Repeat measures **1-2** with opp ftwk and direction

5 1 Step swd on L to the left
 2 Touch with R near L ft

6 1 Step swd on R to the right
 2 Touch with L near R ft

7-8 Repeat measures **1-2**

9-16 Repeat measures **1-8** with opp ftwk and direction

Final pattern:

Trans. + F1 + F2 + Trans. + F1 (meas.**1-38**) + F2 (starting with R ft).

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Song for Bătrâneasca

/Da frunzuliță iarbă deasă/
/Mândră-i lumea și frumoasă/
/Și iar verde foi ș-o fragă/
/Eu cânt când mi lumea dragă/
/Ș-așa mi di dragă lumea/
/Ca la cumpărat pădurea/
/Da la rai când am ajuns/
/În jininci atunci m-o pus/
/Și nici la rai nu pot să stai/
Di mirosul florilor
Și di dorul mândrelor

A tiny blade of grass
The World is a marvel
Green leaf from a wild strawberry plant
I sing for good people
I love everyone
When everything's going well
But when I got to heaven
I was made to kneel
And I couldn't stay in heaven
Because of the scent of flowers
And being deprived of my lovelies

/Da di la Crasna la Ciudei/
/Am o sută di fimei/
/Și la o mândră din Cugiur/
/Me-am baut calul cel sur/
/Ș-am ramas cu punga goală/
Și capăstru subțioară inima ca să mă doară
Da am baut pe săturate, am baut pe săturate
Ș-am facut multi pacate cu mândrili măritate

From Crasna to Ciudei*
I have some hundred women
And with one lover from Cugiur*
I lost the shirt off my back†
With my wallet empty
And, shrivelled, my heart suffers
But I drank an awful lot
And sinned with a lot with married women.

* Names of villages

†Literally, "I drank my white horse."

Presented by Sonia Dion & Cristian Florescu

Brâul bătrân

From Banat, Romania

Presented by Sonia Dion & Cristian Florescu

Formation: open mixed circle

Position: facing center, hands joined up in W pos.

Pronunciation: BREWL BUH-treuhn

Music: Sonia Dion & Cristian Florescu Romanian Realm Vol. 7, band 6

Meter: 2/4

Description of *Brâul bătrân*

Meas. Count

Introduction

1-8 No action

Figure 1

- | | | |
|-------------|--------------|---|
| 1 | 1
&
2& | Small step on R to the right
Step on L near R
Step on R in place |
| 2 | 1
&
2& | Small step on L to the left
Step on R near L
Step on L in place |
| 3 | 1&
2& | Moving LOD, turn body slightly diag. to the right, step on R to the right
Step on L near R |
| 4 | 1
&
2& | Step on R
Step on L near R
Step on R |
| 5 | 1
&
2& | Step on L
Step on R near L
Step on L |
| 6 | | Repeat measure 4 (starting R ft) |
| 7 | 1&
2& | Step on L twd center
Facing center, small step on R to the right |
| 8 | 1
&
2& | Step on L near R
Step on R in place
Step on L in place |
| 9-48 | | Repeat measures 1-8 five more times (6 total) |

Meter: 2/4 Description of *Brâul bătrân* (continued)

Meas.	Count	Figure 2 (Facing center)
1	1& 2&	Step on R in place Raise L leg in front, knee bent 45°
2	1& 2&	Step on L in place Raise R leg in front, knee bent 45°
3	1& 2&	Step on R in place Moving RLOD and still facing center, step on L to the left
4	1 & 2&	Step on R near L Small step on L to the left Step on R near L
5-8	Repeat measures 1-4 with opp ftwk and direction (starting L ft)	
9-16	Repeat measures 1-8	

Note: Figure 2 has usually 16 measures, EXCEPT the second time (24 measures)

17-24 Repeat measures **1-8**

Figure 3

1	1& 2&	Step on R to the right Raise L leg in front, knee bent 45°, body slightly diag. to the right
2	1& 2&	Step on L across in front of R Click (<i>pinten</i>) with inside R heel to L ft
3	1& 2&	Turn facing center, small step on R to the right Turn facing diag. to the left, small step on L to the left
4	1 & 2&	Moving RLOD, step on R to the left Step on L near R Step on R to the left
5-8	Repeat measures 1-4 with opp ftwk and direction	
9-16	Repeat measures 1-8	

Meter: 2/4 Description of *Brâul bătrân* (continued)

Meas.	Count	<u>Final</u>
1	1& 2&	Step on R in place Raise L leg in front, knee bent 45°
2	1& 2&	Step on L in place Raise R leg in front, knee bent 45°
3	1& 2&	Step on R twd center Step on L twd center
4	1& 2&	Close R next L ft Pause

Final pattern:

F1 + F2 (16 meas) + F3 +
F1 + F2 (24 meas) + F3 +
F1 + F2 (16 meas) + F3 +
F1 + Final

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Ca la Dăeni

From Dobrogea, Romania
Presented by Sonia Dion & Cristian Florescu

Formation: open mixed circle

Position: hands joined up in W pos

Pronunciation: KAH LAH DUH-en(ee)

Music: Sonia Dion & Cristian Florescu Romanian Realm Vol. 7, band 9

Meter: 7/8

Description of *Ca la Dăeni*

Meas.

Count

Introduction

1-4

No action

Figure 1

(Facing slightly LOD and moving LOD)

1

1-2

Step on R

3-4

Step on L near R

5-6-7

Step on R

2

1-2

Step on L

3-4

Step on R near L

5-6-7

Step on L

3

Repeat measure **1** while swinging arms down

4

Repeat measure **2** while swinging arms up in W pos

5-16

Repeat measures **1-4**, three more times (4 total)

Figure 2

1

1-2

Lift on L heel while start swinging arms down

3-4

Step on R to the right while arms still moving down

5-6-7

Step on L across in front of R while arms moving bkwd

2

1-2

Facing center, step on R to the right while bringing arms up in W pos.

3-4

Step on L near R ft

5-6-7

Step on R in place

3

1-2

Step on L in place

3-4

Step on R in place

5-6-7

Step on L in place

Dansul fetelor din Bilca
From Bucovina, Romania
Presented by Sonia Dion & Cristian Florescu

Formation: Women closed circle

Position: hands joined in W position

Pronunciation: DAHN-sool FEH-teh-lohr deen BEEL-kah

Music: Sonia Dion & Cristian Florescu Romanian Realm Vol. 7, band 5

Meter: slow 7/8 Description of *Dansul fetelor din Bilca*

Meas. Count **Introduction**
(facing center)

1-8 No action
The arms keep time with the beat. (Q-Q-S)
Dance starts with the singing.

Figure 1 (Promenade)
(moving LOD)

(Rhythm of each measure: Q-Q-S)

1 1-2 Step on R to the right facing slightly diag. to the right
 3-4 Close L near R ft
 5-6-7 Step on R to the right
(measure **1** = one *two-step*)

2 Do one *two-step*, starting with L ft to the right

3-8 Repeat measures **1-2** three more times (4 in total)

Figure 2
(facing center)

1 1-2 Step on R twd center
 3-4 Close L near R ft
 5-6-7 Step on R twd center
(measure **1** = one *two-step*)

2 Do one *two-step*, starting with L ft twd center

3 Repeat measure **1**

Meter: slow 7/8 Description of *Dansul fetelor din Bilca* (continued)

Meas. Count **Figure 2** (continued)

4 1-2 Step on L twd center (facing center)
 3-4 Step on R in place
 5-6-7 Step on L bkwd, not far from R ft

5-8 Repeat measures **1-4** with opp direction (moving bkwd)

Final pattern:

First melody (7/8) (F1 + F2) x2 +
Second melody (2/4) (F1+ F2) x2.

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Song for
Dansul fetelor din Bilca

Dragu mi unde am vinit și cu șin m-am întâlnit
Dragu mi unde am intrat și cu șin m-am adunat
Dragu mi di dumneavoastră c-ascultați cântarea noastră
Și când și m-ai drag me-ar și daca-ți mai îngadui
Codru-i verde funza-i deasă dragostea de șin mândreață
Și din cateț-i oameni buni și ne-or ține până luni
Frunză verde strop di rouă din inimă șede nouă
Cu ștergar și cu pieptar când ni cânt-un lăutar.

I like it here and I like who I've met
I like the house where I am and who I'm with
I'm glad you'll listen to our song
And if you allow me, I will play more
The forest is green, the foliage lush and love strong
Among good people, we'll stay until Monday
Green leaves and dewdrops, my heart is full again
With a towel and a vest, a musician plays.

Hop sus, sus că poale nus, ba să-mi țină nu le-am pus
Ba să-mi țină nu le-am pus că-ți la soacrămea pe fus
//Da le-oi toarce și le-oi țese și le-oi pune la cămeșe//
Sănătate eu mă duc nu vă las niciu-n bucluc
Eu buclucuri eu cu mine și voi rămâneți cu bine
Sănătate eu vă las, nu vă fac nișiu-n necaz
Și di vor plășe de noi, noi om mai veni la voi.

Oops! I didn't put on the apron
It's still on my mother-in-law's spindle
//I will spin it, weave it and wear it//
Cheers! I'm leaving no troubles behind
I take any trouble with me, be at peace
Cheers! I'm leaving you causing no trouble
If you liked us, we'll come back.

Presented by Sonia Dion and Cristian Florescu

Danțul din Mehedinți

From Oltenia, Romania

Presented by Sonia Dion & Cristian Florescu

Formation: open mixed circle

Position: facing center, hands joined down in V pos.

Pronunciation: DAHN-tsool deen meh-heh-DEENTS

Music: Sonia Dion & Cristian Florescu Romanian Realm Vol. 7, band 14

Meter: 2/4

Description of *Danțul din Mehedinți*

Meas. Count

Introduction

1-16 No action

Figure 1

(Moving LOD)

1	1	Step on R to the right, facing slightly diag. to the right
	2	Small lift on R heel
2	1	Step on L to the right in front of R ft
	2	Small lift on L heel
3	1	Step on R to the right
	2	Step on L to the right in front of R ft
4	1	Small step on R to the right, facing center
	&	Step on L near R
	2&	Step on R in place

Note: measure **4** = one *two-step*

5-8 Repeat measures **1-4** with opp ftwk and direction (starting L ft and moving RLOD)

9-16 Repeat measures **1-8**

Figure 2

(Facing center, hands joined up in W pos)

1	1	Bring arms up in W pos, step on R in place
	&	Step on L in place
	2&	Step on R in place
2	1	Step on L in place
	&	Step on R in place
	2&	Step on L in place

Note: measures **1-2** = two *two-step*

Meter: 2/4 Description of *Danțul Mehedinți* (continued)

Meas. Count **Figure 2** (continued)

Style: the *two-steps* must be danced in a curved manner as if on the edge of a small circle, curving slightly in on the right and the left. Swinging, slightly, forearms on the first count of every *two-steps* to the same direction as the ftwk.

- | | | |
|-------------|--|---|
| 3 | 1
2 | Very small step on R swd to R and swinging forearms to R (windshield mvt.)
Close L next to R (with wt) and swinging forearms to L (wind. mvt.) |
| 4 | 1
&
2& | Very small step on R swd to R and swinging forearms to R (wind. mvt.)
Step on L near R
Step on R in place |
| 5-8 | Repeat measures 1-4 with opp ftwk and direction | |
| 9-16 | Repeat measures 1-8 | |

Figure 3

- | | | |
|-------------|--|---|
| 1 | 1
&
2
(cts 1&2 = one two-step) | Bring arms down in V pos while step on R heel (leg extend) twd center
Close L next to R
Step fwd on R |
| 2 | Repeat meas. 1 with opp ftwk, still moving twd center | |
| 3 | 1
2 | Step on R in place
Step on L across in front of R |
| 4 | 1
2 | Small step bkwd on R
Step on L near R |
| 5 | 1
2 | Step on R across in front of L
Small step bkwd on L |
| 6 | 1
2 | Step on R near L
Stamp on L (no wt) in place |
| 7 | 1
2 | Step on L in place
Stamp on R (no wt) slightly in front |
| 8 | 1
2 | Stamp on R (no wt) in place
Pause |
| 9-16 | Repeat measures 1-8 | |

Note: on the last measure of the dance do on cts 1-2: two stamps on R in place.

Meter: 2/4

Description of *Danțul din Mehedinți* (continued)

Final pattern:

F1 + F2 + F3, alternately (according to the music).

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De ciobănie

From Bucovina, Romania
Presented by Sonia Dion & Cristian Florescu

Formation: Men circle

Position: free, hands holding vest, facing LOD

Pronunciation: DEH tcheeoh-BEU-nee-eh

Music: Sonia Dion & Cristian Florescu Romanian Realm Vol. 7, Band 4

Meter: 2/4 Description of *De ciobănie*

Meas. Count

Introduction

1-16 No action

Figure 1: *Plimbarea* (Promenade)
(Facing LOD)

1-2 Do 4 walking steps starting with R ft

Style: With each step, the shoulders sway very slightly toward the side of the foot taking the weight.

3 1 Step on R
 & Brush with L ft (flat ft), bend knee. Leg in front of other leg
 2 Follow through with the movement of lifting the L leg to obtain 90°
 & Bring down L ft (no wt) close to R ft (heel in the middle R ft)

4 1 Set down L ft in place
 & Brush with R ft (flat ft), bend knee. Leg in front of other leg
 2 Follow through with the movement of lifting the R leg to obtain 90°
 & Bring down R ft (no wt) close to L ft (heel in the middle L ft)

5-16 Repeat measures **1-4**, three more times (4 total)

Figure 2

1-2 Do 4 walking steps starting with R ft, facing and moving LOD

3 1 Step on R to the right while turning ¼ t. to the left to be facing center
 & Step on L in place
 2 Step on R in place
 & Stamp on L in place (no wt)

Meter: 2/4 Description of *De ciobănie* (continued)

4	1	Step on L in place
	&	Step on R in place
	2&	Step on L in place
5	1	Facing center and moving RLOD, step on R across in front of L
	2	Step on L to the left
6	1	Step on R behind L
	2	Step on L to the left
Note: measures 5-6 = one <i>grape-vine</i>		
7	&1	Standing on L, scuff with R ft (no wt) across in front of L ft; finishing with right leg up bent at the knee
	&	Turn to face center with stamp R to the right of L ft in front (no wt)
	2&	Step with accent to the right and turn body facing slightly to the right
8	1	Step on L in place
	&	Step on R in place
	2&	Step on L in place

Figure 3 (Clapping hands)

5-16 Repeat measures 1-4, three more times (4 total)

Meter: 2/4 Description of *De ciobănie* (continued)

Meas.	Count	<u>Figure 4</u>
1	1	Leap on R
	&	Step on L in front of R
	2	Step on R in place
2	1	Leap on L
	&	Step on R in front of L
	2	Step on L in place

Note: measures **1-2** = two *Pas de Basque*

3	1	Facing center and moving LOD, leap on R to the right
	&	Step on L near R
	2	Leap on R to the right
	&	Step on L near R

4	1	Leap on R to the right
	&	Step on L near R
	2&	Leap on R to the right

5-8 Repeat measures **1-4** with opp ftwk and direction (starting L ft moving RLOD)

9-16 Repeat measures **1-8**

Final: Last measure of the dance should be replaced by:

16	1&	Leap on L to the left
	2&	Stamp on R with noise.

Final pattern:

(F1 + F2+ F3 + F4) x 3.

Described and presented by Sonia Dion & Cristian Florescu, ©2013

Song for De ciobănie

Primăvară surioară hai dor, doruți
Strângii omături afară hai duma doruli
Și sloboți-a ști iarba hai dor, doruți
Să pot la munte urca hai duma doruli
//Oi pornii cu ciobanii ca să strângem turmili
S-apucăm drumuri batute de ploi și de doruri multe//
Drumuri și pot să le ști
Numa-i cine-i ciobanii

Come spring, my sister, oh the longing
The snow melts, oh the longing
And the grass grows, oh the longing
That I may climb the mountain
//I'll go with the shepherds to gather the flock
We'll take trails beaten by the rain and by longing//
Trails known
Only to shepherds.

Lung îi drumul codrului
Da mai lung i-a dorului
Că-n codru î-ți cărări multe
Dorul le străbate iute

The path In the forest is long
But longer is my heart's path
There are many routes in the forest
My soul travels them quickly.

Da primăvară dacă-i vrea hai dor, doruți
Când o vezi pe mândruța hai duma doruli
C-așteaptă cu dor în prag hai dor, doruți
Du-i sărutu meu cu drag hai duma doruli
//Pi aripa vântului pe cetina bradului
Și mirosul florilor să știe și drag și dor//
Să mă poată aștepta
Până ce trece vara
Drumu-n codru se găteștii
Doru nu se ostoieștii
Când te gândești că te lasă
Iar îzi vezi inima arsă

Dear spring, if you would, oh the longing
When you see my beloved
Waiting longingly in the doorway
Bring her my kiss with love
//On the wing of the wind, on the branch of the pine tree
And the scent of flowers, she will know I love her//
And should wait for me
Until the end of summer
Winding is the path in the forest
My heart does not tire
When you think it's over
You'll see my heart be consumed still.

Presented by Sonia Dion and Cristian Florescu

Hora de la Vama
From Bucovina, Romania
Presented by Sonia Dion & Cristian Florescu

Formation: Women circle

Position: Facing LOD,

R arm extend, R hand on the L shoulder (back) of the W in front and

L arm bend, L hand holding vest

Pronunciation: HOH-rah deh lah VAH-mah

Music: Sonia Dion & Cristian Florescu Romanian Realm Vol. 7, band 2

Meter: 4/4 Description of *Hora de la Vama*

Meas. Count

Introduction

1-4 No action

Figure 1
(Facing LOD)

1	1	Small step fwd on R
	&	Step on L near R
	2&	Small step fwd on R
	3	Small step fwd on L
	&	Step on R near L
	4&	Small step fwd on L

Note: measure **1** = two *two-step*

2	1	Step fwd on R slightly diag.
	2	Step fwd on L slightly diag.
	3	Step fwd on R slightly diag.
	4	Step fwd on L slightly diag.

Rhythm of measures **1-2**: Q-Q-S-Q-Q-S, S-S-S-S

3-8 Repeat measures **1-2**, three more times (4 total)

Meter: 4/4 Description of *Hora de la Vama* (continued)

Meas. Count

Figure 2
(facing LOD)

1	1	Small step fwd on R
	&	Step on L near R
	2&	Small step fwd on R
	3	Small step fwd on L
	&	Step on R near L
	4&	Small step fwd on L

Note: measure **1** = two *two-step*

2	1&	Touch with R ball of ft (without wt) near L
	2	Small step on R to the right
	&	Step on L near R
	3&	Small step on R to the right
	4&	Touch with L ball of ft (without wt) near R

Rhythm of measures **1-2**: Q-Q-S-Q-Q-S, S-Q-Q-S-S

3-4 Repeat measures **1-2** with opp. ftwk (starting L ft)

5-8 Repeat measures **1-4**

Figure 3
(facing center, hands up joined in W pos.)

1	1	Small step twd center on R
	&	Step on L near R
	2&	Small step twd center on R
	3	Small step twd center on L
	&	Step on R near L
	4&	Small step twd center on L

Note: measure **1** = two *two-step*

2	1	Step fwd on R slightly diag.
	2	Step fwd on L slightly diag.
	3	Step fwd on R slightly diag.
	4	Step fwd on L slightly diag.

Rhythm of measures **1-2**: Q-Q-S-Q-Q-S, S-S-S-S

3-4 Repeat measures **1-2** moving bkwd.

Meter: 4/4

Description of *Hora de la Vama* (continued)

Meas. Count

Figure 3 (continued)

- | | | |
|------------|----|--|
| 5 | 1 | Turn slightly to the right, small step on R moving LOD |
| | & | Step on L near R |
| | 2& | Small step fwd on R slightly diag. moving LOD |
| | 3 | Small step fwd on L slightly diag. moving LOD |
| | & | Step on R near L |
| | 4& | Small step fwd on L slightly diag. moving LOD |
| 6 | 1 | Step fwd on R slightly diag., bringing arms down and slightly bkwd |
| | 2 | Step fwd on L slightly diag., swinging arms (extend) slightly fwd |
| | 3 | Step fwd on R slightly diag., swinging arms (extend) slightly bkwd |
| | 4 | Step fwd on L slightly diag., swinging fwd and bringing arms up bend in W pos. |
| 7-8 | | Repeat measures 5-6 |

Figure 4

(facing center, hands up in W pos.)

- | | | |
|----------|----|---|
| 1 | 1 | Turn to be facing center, small step on R |
| | & | Step on L near R |
| | 2& | Small step twd center on R |
| | 3 | Small step twd center on L |
| | & | Step on R near L |
| | 4& | Small step twd center on L |
| 2 | 1& | Stamp with noise on R (no wt) |
| | 2 | Step on R to the right |
| | & | Step on L near R |
| | 3& | Step on R to R |
| | 4& | Stamp with noise on L (no wt) |

Rhythm of measures **1-2**: Q-Q-S-Q-Q-S, S-Q-Q-S-S

- | | | |
|----------|----|-------------------------------|
| 3 | 1 | Small step bkwd on L |
| | & | Step on R near L |
| | 2& | Small step bkwd on L |
| | 3 | Small step bkwd on R |
| | & | Step on L near R |
| | 4& | Small step bkwd on R |
| 4 | 1& | Stamp with noise on L (no wt) |
| | 2 | Step on L to left |
| | & | Step on R near L |
| | 3& | Step on L to left |
| | 4& | Stamp with noise on R (no wt) |

Meter: 4/4 Description of *Hora de la Vama* (continued)

Meas. Count

Figure 4 (continued)

5-8 Repeat measures **1-4** (starting R ft)

Figure 5
(facing LOD)

- | | | |
|------------|------------------------------|---|
| 1 | 1
&
2&
3
&
4& | Turn slightly to the right, small step on R moving LOD
Step on L near R
Small step fwd on R slightly diag. moving LOD
Small step fwd on L slightly diag. moving LOD
Step on R near L
Small step fwd on L slightly diag. moving LOD |
| 2 | 1
2
3
4 | Step fwd on R slightly diag., bringing arms down and slightly bkwd
Step fwd on L slightly diag., swinging arms (extend) slightly fwd
Step fwd on R slightly diag., swinging arms (extend) slightly bkwd
Step fwd on L slightly diag., swinging fwd and bringing arms up bend in W pos. |
| 3-4 | | Repeat measures 1-2 |
| 5 | 1
&
2&
3
&
4& | Turn to be facing center, small step on R
Step on L near R
Small step twd center on R
Small step twd center on L
Step on R near L
Small step twd center on L |
| 6 | 1
&
2&
3&
4& | Small step fwd on R
Step on L near R
Small step fwd on R
Stamp with noise on L in place (no wt)
Stamp with noise on L in place (no wt) |

Rhythm of measures **5-6**: Q-Q-S-Q-Q-S, Q-Q-S-S-S

7-8 Repeat measures **5-6** with opp ftwk and direction (starting L ft bkwd)

Meter: 4/4

Description of *Hora de la Vama* (continued)

Meas. Count

Figure 6
(facing LOD)

- | | | | |
|------------|---|--|---|
| 1 | 1 | Turn slightly to the right, small step on R moving LOD | |
| | & | Step on L near R | |
| | 2& | Small step fwd on R slightly diag. moving LOD | |
| | 3 | Small step fwd on L slightly diag. moving LOD | |
| | & | Step on R near L | |
| 2 | 4& | Small step fwd on L slightly diag. moving LOD | |
| | 1 | Step fwd on R slightly diag., bringing arms down and slightly bkwd | |
| | 2 | Step fwd on L slightly diag., swinging arms (extend) slightly fwd | |
| | 3 | Step fwd on R slightly diag., swinging arms (extend) slightly bkwd | |
| 3-4 | 4 | Step fwd on L slightly diag., swinging fwd and bringing arms up bend in W pos. | |
| | Repeat measures 1-2 | | |
| | 5 | 1 | Turn to be facing center, small step on R |
| | | & | Step on L near R |
| 2& | | Small step twd center on R | |
| 3 | | Small step twd center on L | |
| & | | Step on R near L | |
| 6 | 4& | Small step twd center on L | |
| | 1 | Step fwd on R slightly diag. | |
| | 2 | Step fwd on L slightly diag. | |
| | 3 | Step fwd on R slightly diag. | |
| 7-8 | 4 | Step fwd on L slightly diag. | |
| | Repeat measures 5-6 moving bkwd. | | |
-

Final pattern:

(F1 + F2) x 2 + F3 + F4 + F5 + F6.

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Song for Hora de la Vama

Doi firi albi crescuți pe baltă
Asta-i horă legănată
Și se joacă di chi vrei
Când înflorii floarea-n tei

Legănat și cât una
Să jucăm ca la Vama
Câți tri și i-ar una
La horă Duminica

Bini-mi șede cămeșa
Îi cusută la Vama
Și-i tari frumos aleasă
Cusută-n pânză di casă

Așa umblă vamamei
Când era di seama me
Să-n șinge cu brâu de lână
Să șii a el de mână

Two white flowers grow on the water
This is the dance that sways
And, if you like, you can dance it
When the linden tree buds appear.

Sway and stamp once
That's how they play in Vama*
Stamp three times and then once more
The Sunday dance.

The shirt that looks good on me
Was embroidered in Vama
And was very well chosen
Embroidered by hand.

That's how the villagers dressed
When they were my age
And they tie the wool belt
And hold it in their hands.

*A village

Presented by Sonia Dion and Cristian Florescu

Jiana lui Ana

From Transylvania, Romania
Presented by Sonia Dion & Cristian Florescu

Formation: Small mixed close circles (8-10 people)

Position: facing center, hands joined down

Pronunciation: zhee-AH-nah loo-ee AHN-ah

Music: *Sonia Dion & Cristian Florescu Romanian Realm Vol. 7, band 12*

Meter: 2/4	Description of <i>Jiana lui Ana</i>
------------	-------------------------------------

Meas.	Count	
-------	-------	--

Introduction

1	1	Step swd on R to the right
	2	Close L near R ft

2	1	Step swd on R to the right
	2	Touch L (no wt) near R ft

3-4 Repeat measures 1-2 with opp. ftwk and direction

5-16 Repeat measures 1-4, three more times (4 in total)

Suggestion: no action on the first 4 measures, starting the dance on measure 5.

Figure 1

(Moving RLOD)

1	1	Step on R across in front of L ft
	2	Step on L to the side

2	1	Step on R behind L ft
	2	Step on L to the side

(1-2 = one *grapevine* step)

3	1	Step on R across in front of L ft, body slightly diag. left
	2	Step on L to the side

4 Repeat measure 3
(3-4 = two *rida* steps)

5	1	Small step on R across in front of L ft while bending R knee
	&	Small step on L to the side
	2	Small step on R across in front of L ft
	&	Small step on L to the side

Meter: 2/4	Description of <i>Jiana lui Ana</i> (continued)
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Meas.	Count	
-------	-------	--

Figure 1 (continued)

- | | | |
|------|----|--|
| 6 | 1 | Small step on R across in front of L |
| | & | Small step on L to the side |
| | 2& | Small step on R across in front of L |
| 7 | 1 | Facing center, step swd on L to the left |
| | 2 | Step on R in place |
| 8 | 1 | Moving LOD, step on L across in front of R body slightly diag. right |
| | 2 | Step on R to the right |
| 9-16 | | Repeat measures 1-8 with opp. ftwk and direction |

Figure 2
(Moving RLOD)

- 1-8 Do four (4) *grape-vine* steps as described previously in figure 1 (measures 1-2)

Figure 3
(Facing and moving LOD)

- | | | |
|-----|---|--|
| 1 | 1 | Step on R fwd |
| | & | Scuff on L (flat ft) |
| | 2 | Small step on L |
| | & | Scuff on R (flat ft) |
| 2-8 | | Repeat measure 1, seven more times (8 in total) |
| 9 | 1 | Step swd on R to the side, facing center |
| | 2 | Step on L in place |
| 10 | 1 | Moving RLOD, step on R across in front of L body slightly diag. left |
| | 2 | Step on L to the left |

Final

- | | | |
|-----|----|------------------------------------|
| 1-6 | | Repeat measures 1-6 of figure 1 |
| 7 | 1& | Close L near R (<i>Assemblé</i>) |
| | 2& | Pause |

Final pattern: Intro. + F1 + F2 + F3 +F1 + F2 + F3 (meas. 3-10) +F1 + F2 + F3 + Final.

Joc din Enisala

From Dobrogea, Romania
Presented by Sonia Dion & Cristian Florescu

Formation: mixed open circle

Position: body facing center, hands joined up in W pos.

Pronunciation: ZHOK deen eh-NEE-sah-lah

Music: *Sonia Dion & Cristian Florescu Romanian Realm Vol. 7*, band 1

Note: This dance has two parts. The first one is a 10/8. The second part is a 2/4

Meter: 2/4 Description of *Joc din Enisala*

Meas. Count **Introduction**

1-16 No action

Meter: 10/8 Description of *Joc din Enisala* (First part)

Figure 1 (facing center)

1	1-2	Step bkwd on R, start swinging arms down with a large amplitude (up).
	3-4	Raise L leg, knee bend 45° facing diag. to the right, while arms still moving down and bkwd.
	5	Step on L in front
	6	Step on R near L
	7-8	Step on L in front
	9-10	Raise R leg, knee bend 45°

Note:

Swing arms down with a large amplitude (up) until slightly bkwd (cts 1-4)

Bring arms gradually up ending in W pos (cts 5-8)

Style: while swinging arms down, upper body slightly turns to the right and diag. bkwd

2 Repeat measure **1**

Figure 2 (facing diag. R of center and moving LOD)

1	1-2	Step on R
	3	Step on L across R
	4	Step on R
	5-6	Step on L across R
	7-8	Turn facing center while step on R to the right
	9-10	Touch L near R (no wt)

2 Repeat measure **1** with opp ftwk and direction

Meter: 10/8 Description of *Joc din Enisala* (First part) (continued)

Meas. Count **Figure 3**
(facing center and moving twd center)

- | | | |
|----------|------|------------------------|
| 1 | 1-2 | Step fwd on R |
| | 3 | Step fwd on L |
| | 4 | Step fwd on R |
| | 5-6 | Step fwd on L |
| | 7-8 | Step fwd on R |
| | 9-10 | Touch L near R (no wt) |
- 2** Repeat measure **1** with opp ftwk and direction (starting L ft bkwd), while bringing arms gradually down ending in V pos.

Meter: 2/4 Description of *Joc din Enisala* (Second part; Sârba)

Meas. Count **Figure 4**
(facing center and moving aside in LOD)

- | | | |
|----------|---|-------------------------|
| 1 | 1 | Step on R to the right |
| | 2 | Step on L in front of R |
- 2** 1 Step on R to the right
 2 Step on L behind R
- 3** 1 Step on R to the right
 2 Step on L in front of R
- 4** 1 Step on R to the right
 2 Lift on R heel while raising L leg in front knee bend 45°
- 5** 1 Leap on L
 & Step on R in front of L
 2 Step on L in place

Note: measure **5** = one *Pas de Basque*

- | | | |
|----------|---|-------------------------|
| 6 | 1 | Leap on R |
| | & | Step on L in front of R |
| | 2 | Step on R in place |

Note: measure **6** = one *Pas de Basque*

Meter: 2/4 Description of *Joc din Enisala* (Second part; Sârba) (continued)

Meas. Count **Figure 4** (continued)

7 1 Step on L to the left
 2 Step on R in front of L

8 1 Step on L to the left
 2 Lift on L while raising R leg in front knee bend 45°

9-15 Repeat measures **1-7**

16 1 Close L near R
 2 Pause

Note: on measures **15-16** Bring arms up in W pos.

Final pattern:

Introduction + (F1 + F2 + F3 + F4) x 6.

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