CAROL HIRSH’S INTERNATIONAL FOLK DANCE - SELECTED TEACHING NOTES

Home: Petaluma’s Best Balkan Folk Dance Music  http://www.sonic.net/~stevayla/PetaBestNew.html

Each semester, students received a brief synopsis of each dance to be taught in the beginning (and sometimes intermediate) level folk dance classes. Here are 156 of the nearly 240 dance descriptions.

Notes: Right=R, Left=L, Lift=lft, Together=tghr, Touch=tch, Weight=wt, Center=C, Back from Center=BFC, Clockwise=cw, Counter clockwise=ccw, Diagonal=diag, Times repeated=x, Counts=cts, Line of Direction=LOD (to right), Reverse=RLOD (to left), Slow=s, Quick=q, Arms=“W”, “V”, “W” up, “V” down, With=w/

ADJE JANJ (Serbia, intermediate)
Arms “W”, 7/8 meter
Face LOD (=R)
   R, L, (s, q, q)
   R, L, R, (s, q, q)
Face C: Step in with L(s)
   Raise R (q, & no wt) in front, then step forward on R(s), L tch in front (q, q).
Back: Step L back (s)
   R, L in place (q, q)
   wt. on L.

ADJE LEPA MARO (Serbia, easy)
Hands joined, arms raised in front
To R: Step R, L-tghr, R L tch
Arms: To R, return to C, to R, hold (hold occurs same time as tch)
To L: Step L, R-tghr, Step I, R tch
Arms: To L, to C, to R, hold (alternating pattern total = 4X)
To R: Walking step
   Step R, L across, Step R, L-tghr, Step R, L tch
To L: Walking step
   Step L, R across, Step L R-tghr, Step L, R tch
Repeat dance from beginning.

ADJUN AZ ISTEN (Hungary, easy)
To R: R, L, R, L, (4 walking steps)
Face C: Step R to R side, Step L behind, Step R to R side.
Sway: shifting weight from foot to foot = To L, then to R, and to L (R foot free to start again).

2nd repeat of sway”

AI’S GIORGIS (Greece, easy)
Open circle, front basket hold, L arm over neighbor’s R. Start with weight on L.
To R: R to R side, L crossing/front, R to R side, L tch.
To C: L steps in, R tch.
   L steps to L side, R tch.

AL SADENU (Israel, intermediate)
Arms in “V”, Cherkessia steps.
Part 1 – 2x Cherkessia
(1) (2) (3)
   R to side, L across, R to side,
Reverse to L:
(4) (5) (6)
   L to side, R across, L to side
In place: sways, 2 sets of six.
Right: (1) (2) (3)
   R L R
Left: (4) (5) (6)
   L R L
Part 2: 2x
(1) (2) (&) (3)
   R sway L sway R heel, toe brush
Repeat.
Cherkessia:
Step R to side, L-front, R to side
Step L to side, R-front, L to side
3-step turn: (1) (2) (3)
   R, L, R
   (4) (5)
Step L across-front, R to side
Step L back to side (dip), + grapevine to R:

1. R to side, L across-front, R to side
2. L behind, R to side, L front

**ALI PASHA** (Western Turkey, intermediate)

5/4 meter, pinkie-hold, 3 patterns: 1-foreward & back, 2- grapevine, 3-brush-crosses

1. 2x To diag: R, L, R, L toe touch & Back: L, R, L, R stamp
   Repeat to center and back.
2. 2x, Grapevine: q, q, q, s
   R to R side, L behind
   R to R side, L in front
   R to R side, L behind
   R to R side, L-close (no wt.).
   Reverse to L, start w/L.
3. 2x, brush steps (brush, brush, step, step):
   With R foot brush across-front of L & back to R,
   Step R to R side, L-close.
   Step R forward, step back on L foot,
   R stamp in place
   L forward touch,
   Step L back (weight on),
   Step R back, step L forward, R stamp.
   Repeat pattern 3, both parts.

**ALUNELUL** (Romania, easy)

“Little Hazelnut”, “W”, open circle,
Alternating R & L directions, 3 patterns.

I: 2 pairs (5 steps & stamp)
   To R: Step R, L behind, Step R,
   L behind, Step L, R stamp stamp.
   To L: Step L, R behind, Step L,
   R behind, Step L, R stamp stamp.
   Repeat pattern
II: 2 pairs (3 steps & stamp)
   To R: Step R, L behind, Step R, L stamp
   To L: Step L, R behind, Step L, R stamp
   Repeat pattern
III: 1 pair (1-step & stamp)
   To R: Step R, L stamp
   Step L, R stamp
   Step R, L stamp, stamp
   Reverse pattern on L.

**APKREATIKOS** (Greece, easy)

Arvanites (Greeks of Medieval Albanian origin) dance, 2 patterns, “W”, open circle

I: Step R to R side, step L across
   Step R to R side, L tch
   Step L, R close.

II: Step R to R side, L step across
   Step R to R side, L tch
   Step L (wt.), bounce 2x w/R foot raised up behind ankle.

**ARVANITOVLACHA** (Greece, easy)

A Vlach (Albanian Vlachs) dance, 4/4, Escort arm hold. Basic and 2 variations called by leader.

Face LOD: Moving to R:

   1) (a) R step forward, L tch beside R then tch out to L side (2)
   (b) Repeat but start with L foot -
       L step forward, R tch (1) beside R then tch out to R side (2)
   1 &
   Variation: R step forward, L swing.
   2 & (1 &)

Back: L foot, R, L (hold);
R crossover in front w/R toe tch (hold) (2 &).

II: Repeat a & b; (wt. on L)

Variation: Step R (1) bounce (&) R,
bring L (2) forward (wt. on).
Back: R, (&) L, (1) R, L (2) (wt.)
R crossover with R toe (&) tch.

III: Repeat a (1 & 2) and b (1 & 2)

Variation: Step R, (1) bounce R (&)
Step L (2) forward, step R(&) back
Syncopation: Back=L, (ah) R(1) (t eta)
Step back w/L, (&) crossover with
(2&) R toe tch (hold)

**BAFRA HORON** (Horon Omal) Greece/Turkey

Black Sea coast. Count 8, then start. Arms swing back on 1st step & forward, straight arm, no bending elbows. s, q, q very bouncy.

*Horon traveling pattern:*

To R: R to side, L across, R to side, L across.
In Place: 4x (2 pairs), arms “W”, shifting from foot to foot, very fast & bouncy - Step R, L behind, Step back R; Reverse to L with opposite footwork, starting w/L.

Omal pattern: “V”, arms swing back on 1st step and then forward.
To R: R step, L-tghr, R step, L tch (no wt) To L: Step L, R tch (no wt)
Variation: 2/4 time, 1&, 2&, 3, 4 R-L R-L R L-tch, Step L (5), R tch (6)

BAT TSURIM (Israel, intermediate)
1st pattern done individually, then circle.
Face C, moving to R:
Leap onto R (1), Step L next to R (2) & clap, repeat (3 & 4).
To R: “V”, hands joined, circle
Step R, heavy accent (hold ct 1, 2)
Brush w/L (ct 3, 4), then 4 running steps to R (L, R, L, R); Turn to diag L
Reverse steps to L w/Step L, brush R & 4 running steps.
To C: Arms come up (use all 4 cts)
Forward: R,L,R,L (1,2,3,4) w arms coming up
Back: R,L,R,L ((arms coming down)
Step R, (1,2 ct)
Step L, (3,4 ct)
Start again at beginning.
Variation: Some groups follow with a set of measures for partners, before starting over.

BAVNO ORO (Macedonian, intermediate)
7/16 “W”, S,Q,Q, 2 parts with variations.

IA) Lesnoto (moving to R)

s q q
Step R Bounce R, Step L across
s q q
Step R bounce, bounce (L raised in front)

s q q
Step L bounce, bounce (R raised in front)
Repeat until musical change.

1B) facing center:

s q q
Step R, tch L heal diag. L & again tch in front
s q q
Step L, touch R heel in front, Step on R
3-step grapevine:

s q q q
Cross L in front, R to R side, Left behind.
Transition: R Step L heel, L heel
L Step R heal, R heel
Repeat IA & 1B until rhythm change.

BE PUNDAK KATAN (Israel, intermediate easy)
“Little Cabin”, 2 parts, danced as individuals

I: Traveling to C & Back:
To: R, L, (pivot) cw
(a) Out: L, R, L, (pivot) ccw
Sway R, Sway L
Single Cherkessia:
R, L, R, L R-stamp & hold
(b) Repeat traveling steps:
2nd time, R-sway, L-sway and R-knee lift & slap, then cherkessia with R-stamp.

II: Face L: R shoulder to C:
In: R to side, L behind, T to side (R pivot)
(a) L-shoulder to C: L to side, R behind,
L to side, pivot (R shoulder to C)
Out: 6-step grapevine start w/R crossing in front. Leap on last grapevine step to face C
(b) Sway R, sway L, arms swing to R & then L, 3-step cw turn: R,L,R. Reverse (b).

BERATIS (Greece, easy intermediate)
A men’s dance from Berat – now in Albania; 8/4 meter, very fluid styling, 2 measures

1 2 3 4 5
Step R, bounce L crossing in front. R tch
6 & 7
R, L, R (Tsamikos step) shifting wt. from ft to ft,
8
L crossing over in front.

1 & 2 3
Repeat: R, L, R cross with L
Tch R, step back R, bounce, step back L.

**Biserka (Bjorka)** (Serbia, easy)
Open circle, on diag. R, Arms “V”, sl swaying
To R: Step R, Step L, Steps R, L, R (s, s, q, q, s)
To C: L steps in, Step back on R (wt.)
To L: Step L, Step R (thgr), Step L

**Boereasca** (Romania, easy)
Simple 2/4 walking dance, open circle, “W”
To R: R, L, R, L, (1, 2, 3, 4)
Face C: shifting weight
R steps forward (in/dip)
L steps back (wt.)
R steps back (wt.)
L steps next to R (wt.)
Repeat once more.
In Place: R,L,R L,R,L (1,2,3)

**Bros Piso** (Greece, intermediate)
Limnos, “W”, faster sta dyo steps, s,q,q
(Substitute on tchs w/step R, L behind,
Step R (“pas de bas” in reverse)

s q q
To R: Step R, L step behind, Step R
s q q
Step L, Step R, Step R
Face C: Step R, L tch
Step L, R tch
Step R, L tch
To L: Step L, R across-front, Step L, R tch
(Variation to L=Step L, R tch, Step L, R tch)

**Bufcansko** (Macedonia, easy)
Open circle, hands joined LOD=rt, RLOD=lft

1) Step L foot back, Step R foot back
Step L foot forward (pivot so as to step back on R ft to LOD, your back will be LOD
L, R, L, (turn, pivot, now facing center)
Step to R, L close, bounce, bounce.
2) Step L foot back, step R foot back
Step L forward (pivot turn)
Step R foot forward (RLOD)
R, L, R (pivot turn to LOD)
R, L, R (turn to face center)
Step to R, L close, bounce, bounce

**Cigancica** (Croatia, easy)
Hands in “V” position
To L: L- R- L- R- swing
To R: R- L- R- L- swing
Repeat
To L: L- R- swing
To R: R- L- swing
Repeat
To R: L- R- L- R- L- R- L- hop
To R: R- L- R- L- R- L- hop

**Cocek** (Macedonia, easy)
Arms in “W”, open circle
1: Face to C
R to R side, L behind, R to R side, L tch
Step L to C, R tch
Continue until music changes
2: Faster tempo, 7 steps
Step R to R side, L behind, R to R side
In place: L, R
Step L to Center, in place: R, L (wt.)

**Cross Bar** (Armenia, easy)
Aka “Shuffle”, 10/8, “W”-pinkie hold. One pattern to R and then to L. (slow, quick, slower), body upright, straight
To: R, L, R, L, L, R, L
Grapevine: Step R, L behind, R-side,
L across in front, & pivot on to face L:
R across in front, L to side
R behind, Step L back (wt.)
(Note: On 1st four steps of grapevine, arms over, down & up).

**Daichovo Horo** (Bulgaria, basic steps)
Pattern of 8 steps in place
8 forward in LOD
2 sets of 4 to left in a revolving circle, returning to place of start.
Definitive R knee lift (1st step)
1, 2, 3, 4 (q qq s)
heel lifts off floor (almost a hop)
DEVETORKA (Balkan countries, intermed)
Macedonia, Bulgaria, Greece etc., “W”, wt forward on q q q s (2, 2, 2, 3) 9/8 meter
To R:  R, L, R, L, (q,q,q,s)
   R to side (q), L behind (q)
   R to side (q), L across (s)
   R to side, L behind, (q, q)
   R to sided (q), L tch (s)
To L:  L to side, R behind, (q, q)
   L to side (q), R tch (s)

DHIVARATIKOS (Greece, easy)
Ionian island of Keffalonia, 12 steps, ¾ meter
[In other parts of Greece, this same syrtos is often called the Kefallonean syrtos, or “Syrtos Kefalloneas.”]
To R:  Step R (1),  L behind (2),
       Step R (3),  Walk L (4) crossing in front,
       walk R (5), walk L (6),
       Low leap onto R (7), with L foot raised slightly diag. R center
Face R LOD moving to L:
   Step L (8), Step R (9)
   Step L (10), R toe (11) hold,
   R heel scuff (12)
OPA:  2x – R toe hold, R deal scuff:
   R back (1), L back (2), R forward (3),
   L forward (4), R toe tch (5), scuff (6)

DIMNA JUDA MAMO (“Kopacka”, Macedonia)
Walking, open circle, lines of 4 or more, belt or front basket hold (left over right).
[“Kopacka” is often done as a 2-part dance, w/ Dimna Juda Mamo as the first, slow part.]
To R:  Intro. 40 steps, + 4 steps: R, L, R, L,
       step R, L lift,  Step L, R lift,  Step R, L lift,
       Step L, step right foot across,
       Step L to L side, step R behind,
       then 3 step lifts.
Leader may signal cw turns while walking LOD.

DOBRA NEVESTO (Bulgaria, intermediate)
7/8 meter, 2 parts (limping and run, and resting pattern), “V” to “W” to “V” arm position, arms up and down.
I.  To R 2x:
   Step out on R foot, L foot bounces (no wt)
   Step down with L foot (weight on) (s q,q  2x)
   Running (LOD, R, L, R, L, R, L (q, q s or 1,2,3)
II. To diag R; wt on R foot, pie-shape pattern
   Step on R,  bounce
   Step on L,  bounce
   Pivot on L, move back with
   R, L, R bounce (leaving L foot free to do in reverse beginning with a L step, bounce etc.)

DRAGAICUTA (Romania, adv intermediate)
Woman’s spring ritual dance. ¾ (QS, or very S), “V”, open circle
q      s
1:   (wt. R)  R hop,  L swings
     behind (w sweeping grace),
     wt. on L.
     q      s
     Step R,  Step L
     q      s      s
     Hop L,  Step R,  Step L
     q      s      s
     Step R,  Hop R,  Step L
2:  2x to C, 1, 2, 3 & 4
   R,  L,  Rising up on L heel,
   1 ft in front
   (very slowly, gracefully)
   Step Back:  1, 2, 3, 4, 5
   R,  L,  R,  L,  R
**DUDALAS ES UGROS** (Hungary, intermediate)
Dudalis=slow, Ugros=jumping part.
Circles of 10 to 15 dancers. Starts with Shoulder hold, slowly moving arms down until hand hold

**Dudalas:**
A= Sway step to L,R,L,R (4 pairs)
B= Moving back s/ diagonal steps:
   Left, R-close, Right, L-close (4 pairs)
C= To L: (hand hold) L step, R cross
   L step, R close, R step, L close
   (no weight) 3x (steady walk, no pauses).

**Ugros:** All steps moving to L:
1) Step L, close R, slight lift of L heel
   both feet together =basic 8x
2) Single 4x=Crossover with L foot in front
   Left foot to L side, R right close
3) Basic 8x repeated (1)
4) Basic with 3 bounces – 8x
5) Double 4x=Left crossover in front
   R crossover in front – close, hold
6) Cifra: 6x=Start with L leg in, out
   L,R,L (moving to L) R in, out-close
   Repeat patterns 3,4,5,6 ending with
   R,L,R.

**ERETZ ERETZ** (Israel, intermediate)
“Homeland”, closed circle, “V”, Sequences:
I - 2x, II - 2x, 1 - 2x, 1 - 2x, 1 - 2x, II - 4x

**Part I:** “V”, Face C, 8-steps w/ 2-half turns:
   a) R to side (1), L behind (2),
      R to side (3), (pivot ½ cw turn, - face outside).
      L to side (4), R behind (5),
      L to side (6), (pivot ½ ccw turn -face center),
      R to side (7), L behind (8).
   b) Face C: Step R forward (1)
      Lift L (2), Step back on L (3)
      Step R in place (4).
      Reverse footwork,, cts. 5 – 8
Repeat all of Part I.

**Part II:** Face C, shoulder-hold
   a) R to side (1), L behind (2)
      R to side (3), Touch L toe to L (4) & look L.
      Reverse footwork, cts. 5 – 8

**FATISE KOLO** (Serbia, Beginning, Int)
Arms “W”, light on balls of feet, 16 steps total
1) To R:
   1) R to R side,
   2) L behind (accented, pause)
   3) R to side
   4) L across in front
   repeated to = 3x (12 steps)
2) 3 point turn + 1 (4 steps)
   R foot perpendicular as:
   Turn: Step R, L, R + L across in front
   (13, 14, 15, 16)

**GAIDA** (Greece, intermediate)
Shoulder hold, open circle, bagpipe playing,
tempo increases as does steps.

**Pattern #1:**
R foot steps out, L across in front, R step, L lift, R lift
Leader may signal a turn to Right – end
with R step, L lift, R lift
Repeat steps until a change is called.
Transition: arms down, hands still joined
Step R, L across, Step R, L lift
Step L, R lift, Step R, L lift
Step L, R behind, Step L, R lift
Step R, L lift, Step L, R lift

**Pattern #2**
R, L, R, L, R
L, R, L step, L lift
L foot back, R foot back
L foot back & turning with a hop
(now facing Reverse LOD)
Step on R ft., turning with a hop to face LOD
L, R, L (Stamp, Stamp, Stamp = 1, 2, 3)
Ready to start off with R foot again to repeat
Pattern #2.
GANKINO (Bulgarian, intermediate)
Pan-Bulgarian. 11/16 (QQSQQ), belt or “V, basic + variations, leader signals changes.

Basic: 1st measure to R:
Q Q S Q Q

2nd measure: to R
Q Q S Q Q
R L R – L Bounce, bounce
Repeat all to the left.

Variation I: done in triangle.
Variation II: Measure I, same as basic, + measure II replace last 2 beats R hop L step (no wt).


GUNIGA (Armenia, easy)
Armenia, pinky hold, open circle.

1: 4x to R: crossing pattern w/arms pumping down and up (pressing)
L crosses over in front of R, with slight dip on left:
L-R, L-R, L-R, L-R

2: Wt on R foot:
Tch L heel in front, heel to L side, heel tch to front again
Step L, tch R heel in front
Step R, tch L heel in front, Heel to side, (no wt. on L heel)
Repeat dance from beginning.

GYIMESI KEREKES (Hungary, intermediate)
Transylvania region, Gyimesi ethnic minority “V” qqs, “W” stamps (Let’s Dance = all “W”),
Stamping patterns: 1, 2, 2, 3 stamps.

To R: L, R, L, R (qqq)
Face C: R to side, L behind, R to side, L stamp (pause)
To L: L, R, L, R, L to side, R behind, L to left
To R: 1st three measures plus 2 L stamps
To L: repeat 1st three measures plus 3 stamps
Note: can replace side-behind-side with step-together-step.

HASSAPOSERVIKOS (Greece, easy)
Pan-Hellenic; Shoulder hold, w/short lines or open circle

To R: (1) Step R to R side
(2) Step L across in front,
(3) Step R, (4) L swing
(5) Step L, (6) R swing
Variations: Replace swings w/ 1 or 2 stamps; or 1,2,3 in place; or Hesitation on #3 while leap onto R, # 4 hold, then add 5 & 6th.

HINE MA TOV (Israel, easy)
Repeat pattern 1.
2: 2x “V”=1st, To C: arms down on 1st back step, “W” – forward step:
   Step R (Heavy) “W”,
   Yemenite back w/L, R back “V”
   L-forward, R tch (or stamp), “W”
   Yemenite R & L.
Repeat pattern 2.
Repeat pattern 1 2x
3: Face C: 1x only, arms coming up slowly to “W”; moving back, coming down slowly
   To C: 8 steps: R, L, R, L, R, L, R, L
   R-Yemenite L-Yemenite
   Back: 8 steps, start with/R foot
   R-Yemenite L-Yemenite

HIOTIKOS (Greece, easy)
3-parts + transition, 2/4, “W” or shoulder hold; basic, basic w turn, & to R & L *double bounce after lifts.
1: 4x to R: Step R, L, R, L lift*
   to L: Step L, R lift*
2: 2x cw turn & clap-1st on two beats
   Step R, L lift*
   Step L, R lift*
3: 2x to R: R, L, Leap onto R w/L raised up behind
   To L: Run L, R, L, R-swing
Transition: To R: R, L, Leap onto R, Step L (wt)

HOOSHIG-MOOSHIG (Ooska Gookas) (Armenia)
Pinky hold, “W”, arms moving w/ direction of feet, open circle. [NB. There are also other choreographies].

Part I:
3x to L: Step L, R close (tghr)
   Arms: To L & back to C
   Step L, R tch – arms to L, bounce
   Step R, L tch – arms to R, bounce
   Step L, R tch – arms to L, bounce
Walk diag. to R: R, L, R, L tch
   Arms moving to R, L, R, R, bounce

Part II: Arms movements the same, but step tghr step replaced w/
   Feet tghr: Toes swiveled to L, then heels, total 4x
   Step R, L tch
   Step L, R tch
Walk-R: R, L, R, L tch (then wt. on).

HORON OMAL (see BAFRA HORON)

HORA AGGADATI (Israel, easy)
Arms “V”, closed circle (arms swing up on L heel, downward when doing R, L, R)

Part I: (To R) – R, L, R, L feet tghr: debka step= Toe left, swing heels to R, return to feet tghr in place.
   (In place) – R, L, R, L.
Repeat part I 4x

Part II: 2x (arms “W” on heel)
   Step R to side, L heel in front
   Repeat steps.
In Place: L, R, L (no wt)
Step L to side, R across-front
Step L back, step R back
In Place: L, R, L (no wt)
   R swing to R
   L swing to L
   R, L, R, L feet tghr: L swing to L
Leap back on R, L heel out in front 2x feet tghr to R, to left
R steps across in front, back to side, Stamp, Stamp.

HORA CHADERA (Hadera) (Israel, int)
3 parts, 4/4, Arms: 1 - Egyptian hold (like Zemer Atik), 2 - “W”, 3 - Shoulder hold.
1) Run to R: R, L, R, L R-heel (hold and look up on R-heel), Step R, L in place
   Repeated = 4x.
2) To C: 4 running steps:
   R, L, R, L R-heel, heel (arms pumping up/down 2x on heel, heel)
   BFC: R, L, R, L R-heel
   Repeated = 4x
3) Face C: 1 pair:
   R to side, L behind, R to side, L tch (no wt)
   Reverse steps to L
Step R to side, L stamp
Step L to side, R stamp
3-step cw turn: R, L, R, L-tch (no wt)
Reverse footwork: pattern 3 to L,
w/ccw turn (L) only ¾ to face LOD
(in 1st position).

HORA DE MINA (Romania, advanced)
Arms “W”, hands joined, start with bagpipe
(1) 4 beats, R foot, arms moving up & down
with beats:
to C: R, L, R, L-tch L, R, L, R-tch
(2) Moving Backwards LOD
R L R L (turning on last L to face LOD)
(2 step, “W”): R LR L RL =4x
(3) 4 steps to C, arms gradually to “W”
R L R L (beats 1, 2, 3, 4)
Step R to R side, Lft L foot
Step L to L side, Lft R foot
Back: R L R L (arms down to “V”)
“W” Step R to R, Stamp L foot (beats 5 6)
“V” ....Step L to L, Stamp R foot (beats 7 8)
After 2nd repeat, keep arms in “W” position
Repeat dance from beginning.

HORA FETELOR (Romania, intermediate)
Woman’s dance from Oltenia, 4/4 meter,
2 patterns, lyrical, smooth style
I: To R: R,L,R (step, close, step)
Step with R forward, back L Yemenite
close R (with weight)
Reverse to L: L, R, L R, L, R, L
(step,close,step,step)
Step forward with L, back R Yemenite
close L (with weight).
II: Diagonal left:
R crossing over in front of L, cw turn
Step back L, 3-step cw turn (R,L,R)
Step back R, 4-step ccw turn L,R,L,R
To C: L in, R in
Back: L up/R down, L up/R down (L,R,L,R)
3-step grapevine to R:
Start with L crossing in front, ect.
End with double stamp on R (no weight).
Repeat Part II, and then whole dance over.

HORA MARE (Romania, easy)
Arms in “W”, closed circle

Pattern I: 2x
To C: R, L, R, L-tch
BFC: L, R-tch; To C: R, L-tch
BFC: R, L, R-tch
To C: R, L-tch Back: L, R-tch

Pattern 2: Walk to R (LOD) 2x
Eight (start w/R foot) walking steps; after 8th,
R crossing over in front as 8-ct grapevine to L.
Repeat Pattern 1

Pattern 3: Quick two-steps to the R (2x)
R,L,R L,R,R R,L,R Walk L, R
Repeat Pattern 1

HORA MEDURA (Israel, “Campfire Hora”, easy)
Very fast, closed circle, palms to neighbor’s
palms, or hands clasped with steps to C
1. Pattern repeated 2x:
4=step-closes: (R step, L close)
To C: R, L, R, L-kick
2. Pattern repeated 2x:
4-step grapevine to L; arms up in “W”
Step R across in front
Step L to L side
Step R behind
4 running steps: R, L, R, L
Repeat 4-step grapevine, ending with
Wt. L: R-heel (heavy accent), Arms in “W”
Repeat Pattern 2.

HORA MIRESII (Romania, intermediate)
Solemn woman’s dance from Transylvania,
2/4 meter, conversation hold.
To LOD: Walk R, L, R,L,R (s,s,q,q,s)
Step L, Tch R
1. Back R, L to side, R cross
L tch (face diag. L)
Step L to L side, R tch (pause)
R back, L tch (pause)
2. 3x, little curve, alternating, face C:
To L: Step L, R across
Step L, R tch
To R: Step R, L across
Step R, L tch
To L: Step L, R across
Step L, R tch
To L: 4x Dip steps (wt. L)  
Step R behind w/dip step,  
Step L.

**HORA MOLDOVIA** (Romania, easy)  
Line or open circle, “V”/ “W”, q,q,s, Wt.=L  
To R (LOD), Arms “V”  
I.  4x: Walk R, L, R,L,R (q,q,s)  
Walk L, R, L,R,L (q,q,s)  
II.  Four 2-steps: R, L, R, (q, q, s)  
alternate steps, clap (on 1st beat)  
To C:  Arms in “W”  
R, L, R, L tch (1,2,3,4)  
BFC: L, R, L, R tch (arms to “V”)  

**HOREHRONSKY CSARDAS** (Slovakia, intermd.)  
Woman’s circle dance, “V” after introduction  
Part I:  Repeated 6x  
To R (2x): Walk R, Walk L  
Facing C  Step R, L close  
To C:  
Turn R shoulder in (face diag. L)  
Step in with R foot, L touch (1-2)  
Turn L shoulder in, Step in (&)  
with L foot (hold)  R tch  
Back:  R, L, R, L  
Part II (A): Formula - = 2 times:  
 2x box, 1x diag., 1x box, 1 diag., 1 box  
**Box Pattern:**  
Step L to L, R close,  
In diagonally: step L, R close  
Step L to L, R close,  
Back:  L, R, L, R  
**Diagonal Pattern:**  
L shoulder in to C::  
Step in w/L, R, L (step close step), R tch  
P pivot on L (face slightly diag L)  
Repeat: R, L, R L tch  
L shoulder in:  step L, R tch  
R shoulder in:  step R, L tch  
Back:  L, R, L, R.  
Part II (B): Substitute with:  
8 step–closes to L,  
1 diagonal  
4 step–closes to L,  
1 diagonal  
4 step–closes  
Part III:  
6 Rida steps to L (stepping up-flat with L,  
R crossing in front),  4 running steps.  
Repeat 6 Ridas & 4 running steps.  
1 Diagonal, then 8 Rida steps,  
1 Diagonal, then 6 Rida steps  
Ending: in place L, R, close L, arms go up.

**INI VITUI** (Romania, easy)  
Aroman or Vlach minority dance; “W” & “V”,  
2/4 time.  3 parts, long intro, start s/vocal  
I:  5x to R: “W”  
Step R, L across, Step R,  
L heel, Step L, R heel (no wt.).  
Transition: 2 walking steps: R, L  
(1, 2, 3 & 4)  
II:  4x “W” s, s, q, q, s – grapevine  
Step R (s), L behind (s),  
R to side (q)  L across (q)  
R close (s) (no wt.)  
III  8x to R: “V”  
R, L, R, L, R, L  
s, q, q (step, tah, tah)  
(1 2 and 3 4 and)  

**ISSIOS** (Greece, Dodecannese Islands, easy)  
7/8 (s,q,q), front basket hold, one pattern of 8 steps moving to right:  
1)  Step R, back & diagonal (s)  
2)  L behind (s)  
3)  Right to R side (s)  
4-5)  L, R in place (q,q)  
6)  With L foot step forward diagonal R (s)  
7-8)  Step R, L in place (q,q)  

**ITELE** (Romania, easy)  
Front basket hold, open circle  
I:  3x to L: 4-step grapevine w/R across,  
step L, R behind, Step L.  
1x in place:  R crossover, Step L, Step R. (wt)  
3x grapevine to R:  L crossover,  
Step R, L behind, Step R,  
In place:  L crossover, Step R, Step L (wt.)  
Repeat Pattern I.  
II:  3x in place:  R step, L front, R back, Step L,  
(Repeat 2x more)  
End w/R, L, R (wt.)
Start w/L, end w/L, R, L (wt.)
Repeat II & shout “Hey!” on last 3 steps.

**IVANICA** (Macedonia, intermediate)
To R: R LR, L RL (s qq, s qq)
R L R L lft + bounce, bounce
L - R lft
reverse R step, L lft, bounce bounce
(turning slightly to right LOD)
L step, (back) R step behind
To C: L step, R lft, bounce, bounce
Repeat begin.

**JACOB’S LADDER** (Israel, intermed)
“Sulam Ya’acov”. 2-part dance, changes from 2/4 to 3/4 time “W”, closed circle
1: Pattern 2x (square box step)
To R: R step, L-tghr, Step R
To C: Step L in, Step R
To L: Step L to L side, R-tghr, Step L,
Back: Step R, Step L
2: Pattern 2x, direction changes
Step R to R side, tch L in front (grapevine)
swing L behind, R to side, L across in front,
pivot, w/3-step grapevine to L:
R across in front, L to side, R behind &
Swivel on R to start 3-step grapevine to R:
Step L forward diag. R, Step R to side,
Step L behind.

**JAPA** (Croatia, easy)
Very fast dance, “V”, arms up on “HEY!” then down again.
To L: Step L, R swing
Step R, L swing
To L: Walk L, R, L, R swing
Reverse to R (wt. R).
14 running step to L: small, tight, kick heels up
on 15th (wt. both feet) yell “HEY!”’, shift wt.
to L – reverse running pattern to R w/ “HEY!”
(wt. –R).

**JOC DE LEAGANE** (Romania, easy intermed.)
Woman’s “Cradle Dance”, Transylvania, 6 parts
Arms in “W”, 2/4 meter

I: To LOD: R tch, Sep R, L tch, Step L,
Walk R, Walk L
Triple= R, L, R. Reverse footwork
starting w/L tch

II: Face C: Lean to R, to L (wt.)
Step close step (R, L, R); Reverse
all to L.

III: Back: R, L, R, L (rocking), arms come
down.
Into C: Arms going up (reverse footwork)
L, R, L forward, rock back on R,
forward on L (wt.)

IV: Face LOD, moving:
Single = R, Triple = L, R, L;
Single = R, Single = L,
Triple = R, L, R, Single = L

V: To LOD: R, L, R (Triple), L stamp (no wt.)
ccw turn to R LOD:
Single = L, single step = R,
Triple: L, L, R stamp (turn back
Step R, Step L

VI: “V” - 8 walking steps to LOD, start with R,
end with wt. on L.

**JOC IN PATRU** (Romania, intermediate)
Transylvania, Dance of 4 persons (or couple),
2-part dance, 6/8 time, “V” in foursome
I: To R: R step, L-tghr, R step, L tch,
To L: L step, R-tghr, L step, R tch,
Walk to R: R, L, R L-tghr, R step, L tch
Reverse pattern to L, start w/L foot.

II: Sway R, Sway L, Step R, (9 steps start w/L)
Step L across in front (use R ball of foot,
L-flat =buzz steps), 9cts. Hold 10th
Repeat Part II

**KAK PRI BALKYE** (Russia, intermediate)
Traditional SE Russia dance, influence of Ural
Cossacks: Circle, “V”, 2/4 time. One circle, (or
2, with inner circle starting on alternate step.)
To R: 8x: Step R, L scuff, Step L, R scuff,
repeat.
CW circling for 8 cs, (Arms-L at side, R in front
about waist high, palm facing body); start
w/R foot, ending with wt. on L.
1, 2, 3, 4
To C: Steps R, L, R (accent), L (Arms “W”)
5 6
BFC: R, L (wr. L) “V”
CW turn (moving somewhat out):
7 8
Step R, Step L
Alternate step: Ah 1 and 2
To R (4x): Step R (ah) step L(1)
Step R (&) step L (2)

KAK U NASHIKH U VOROT (Russia, intern.)
Traditional all over Central Russia, translates “by our gate”. Couple mixer, using mostly a
I: One Circle, to R:
   R, L, R, L stamp
   Back: L, R, L, R stamp
   Repeat
II: To R: 8-two steps:
   R, L, R,
   L, T, L etc.
III: Break circle, partners pair off, ladies
to R of man.
   To R: R, L, R, L stamp
   Back: L, R, L, R stamp
   Repeat
   To R: R, L, R (men pivot on R w/heel flair, face RLOD join elbow w/ lady)
   Ladies moving backwards
   L, R, L, R stamp.
IV: Couple w/hooked elboss, ccw for 8
two-steps, when finished, lady should be to left of her partner, then becoming
new partner to next man.

KARAGOUNA (Greece, easy intermediate)
Thessaly. Open circle, Patterns changed at
leader’s discretion..
Ia. Basic, to LOD, 4x:
   Step R (1), Cross L (2), Step R (3), Tch L to front (4), Step back L (5), Tch R diag. back (6), Tch R diag. fwd (7), and again back (8).
 Ib. To R, 8cts., slightly turn body:
   Step R, Close L 4x,
   Stamp R (no wt.)
   Hop off L=2x (1), pivot to L (2), Step R (3)
   Tch L (4),
   Reverse w/L stamp, & R hops, pivot to R
   + steps = (5, 6 & 7, 8).
Variations on Part Ia:
1. Rock, Rock. To R:
   Step R (1), Cross L (2),
   Rock R (3), Rock L (&)
   Rock R (4), L cross (5)
   Step R (6), Tch L front (7),
   Step L back (8).
2. Step R (1), Cross L (2)
   Yemenite R (3 & 4)
   Step L (5), plus R tch same as basic 6, 7, 8.
   Step R (4), Tch L front (5), Step L back (6)
   Tch R diag. back (7), Tch R diag. front (8).
4. Alternating Yemenites, R 1st:
   (1) Cross R, Sway L, R (2 &); Repeat to
   other side, etc. 8 measures. Walk R, L.

KARIOTIKOS (“Ikariotikos”, Greece, interned.)
Ikaria; hands joined, arms up “W” [Only 1st
pattern here – as used in Intro. Dance class]
(1) (2)
To R: Step R, Step L across
(3) (4)
   Step R – bounce R, swing L
(1) (2)
To L: Step L to side, Bounce L, swing R

KARSILAMAS (Greece, intermediate)
Partners face each other, arms up, finger-
click, maintain beat
Basic: To R: a) R step to R, L steps across in
   front, Step R, L tch. Repeat steps to L.
Variations:
   b) Basic to R, turn ccw, then R tch.
   c) Forward & back (1, 2, 3, 4-tch).
   d) Each partner – opposite direction & back.
   e) Both move same direction.
   f) Shadowing partner (circling)

KLEISTOS (Greece, intermediate)
Thessaly, 2-part dance; 1st part ¾ time like a
Tsamiko, tight-clasped arm position.
2nd part 2/4 time, arms in “W” position.
(s) (q)
I: Step R, Cross L (measure 1)
(s) (q)
Step R, swing L (measure 2)  
(s) (q)  
Step back L, Step R w/touch L next to  
(measure 3)  
(s) (q)  
Touch L to L side, cross L over R (to R)  
(measure 4)  
Transition: Step R to R (2/4)  
(s) (q, q)  
II: Step L across r, double bounce on L  
(measure 1)  
(s) (q)  
Step R in place, Step L behind R (&to R)  
(measure 2)  
(q)  
Step R to R.

KOL NIDERAI  (Israel, intermediate)  
4/4 meter, SSQQS, 2-parts: circle, each part repeated twice.  
I: 2x:  
S S Q  
Step R, L crossover front, R step (cw ½ turn)  
Q S  
Step L, R crossover in front (facing out).  
Repeat with Left ½ turn ccw.  
Yemenite R & Yemenite L  
Step in with R (wt. on) back on L (wt. on)  
Repeat all, add transition:  
Q Q  
Right back, L forward.  
II: 2x (S, S, Q, Q, S)  
In: with twisting steps:  
Step R (shoulder turning to L), Step L (shoulder  
turning to R), Walk R, L, R  
Back: L, R (s,s) L, R, L (q, q, s)  
To R: (s, s, q, q, s)  
Step R, L crossover (wt.)  
Back on R (wt.)  
To L: Step L, R crossover (wt.)  
Back on L (wt.)  
3-step CW turn:  
Step to side-R (pivot on R ft.), L, R (face C)  
L crossover (wt. on), back on L (wt. on)  
Repeat all of part II.

KOROBUSHKA  (Russia, intermediate)  
“Little Basket”. Couple mixer, 2/4, partners  
facing each other, men’s back to circle and  
ladies outside. Hands joined. Start M-L foot,  
W-R foot.  
Move out: M=L, R, L R hop  
W=R, L, R L hop  
Move in: Reverse footwork for M & W  
Move out: Reverse, then cross, apart together:  
With a hop, foot crossing in front,  
feet apart, together (“Jumping jack”)  
M – R crossing in front,  
W – L crossing in front.  
Turns: M & W each turn to their R: 1, 2, 3 Clap  
To L: 1, 2, 3, Clap  
Both balance in towards partner, balance apart,  
them step in towards partner doing 4-step turn,  
W circles under (M’s R hand joined with W’s L)  
(other hands dropped), M & W exchange  
positions, facing partner. (W-inside, M outside  
circle (If W looks to diag. R – new partner after  
next turn pattern).  
Turns: repeat same above, with new partner:  
Balance in, out, step in – turn (2nd turn=W-4  
steps, M=3 steps). Now lady back on outside  
of circle.  
Start again with beginning steps.

KORTANC  (Hungary, easy)  
Closed circle, hands joined, arms “V”  
Facing R: R, L, R, L-behind, R forward  
(moving out).  
L, R, L, R-behind, L forward  
Repeat pattern.  
Face C: Move in: Step R, L, R,L,R (bending  
slightly forward),  

KOSTURSKO ORO  (Macedonia, easy)  
“W”, touches placed beside other foot.  
(Count: 1, 2, 3, 4, 5, Touch)  
To R: Step R, L crossing in front, Step R,  
close L, R back, touch L (next to R).  
To L: Step L, R behind, Step L (wt.). Bring  
R in cw motion to tch near L, then  
To R: Step R, step L, touch R (no wt.,  
facing almost center).  
Repeat from beginning.
**KULSKO HORO** (Bulgaria, easy)

Kulsko village dance, “W”, open circle, arm movements (down & back) on first chorus step as you back from C. Start with chorus step, repeat chorus after each pattern (6).

Chorus (2x) – To C:  R,  L,  R,  L,  R  
Back:  L,  R,  L,  R,  L

1.  8x – alternating footwork:
   R heel out to side, close,
   L heel out to side, close.

2.  8x – alternating footwork:
   Step R, L stamp, Step L, R stamp.

3.  4x – Triple bounce:
   Step R, L tghr + triple bounce
   Step L, R tghr + triple bounce.

4.  2x – traveling:
   To R:  R heel step, L step behind for seven steps, hold,
   To L: reverse footwork with R behind for seven steps.

5.  2x – brushes:
   Wt. on L: R heel out to diag R front, R toe,
   R brush L across in front, R brush back;
   In place:  R, L across, R
              L, R across, L.

6.  2x – spider
   In place, R foot diag forward: RLRLRLR
   (R accentuated to light stamp),
   R foot swing L behind, return,
   R foot swing L in front, return.

**KVAR ACHARAY CHATZOT** (Israel, easy)

“Midnight Has Passed” Open circle, arm-in-arm, hands clasped (waist high), changes with pattern 2. Body slightly diag. R

1 & 2 &

1)  8x  R,  L,  R,  hold
   Backward Yemenite Left:
   3 & 4 &
   L back, R back, L fwd, hold

2)  Change s/melody line, 4x arms straight down “V”, then up straight on heel, heel
   1 & 2 &

Sequence:

I:  8x,  2=4x,  1=4x,  2=1x

Transition: in place 1x
   Sway R, sway L, tch R

**LA BASTRINGUE** (French Canada, easy)

Circle, couple mixer, hands joined, arms raised, verse in French sung by men & then verse by women. Ladies to L of men.

To C:  R  L  R  tch, then out:

   L  R  L  tch  
   [men’s verse]

To C:  R  L  R  tch, then out:

   L  R  L  tch  
To L:  R  LR  LRL (qq s)

   R  LR  LRL – 2x  
   [woman’s verse]

To R:  R  LR  LRL (qq s)

   R  LR  LRL – 2x  

Hands dropped except couples’ (m) L & (l) R hands joined, arms raised & lady turns (4 cts) cw under and around, facing man. Assume ballroom position, using buzz steps (R foot stepped down first) for 12 counts, on 12th, swing lady out to R (man L hand, lady’s R dropped), still with lady’s L hand on man’s shoulder, & man’s R on back of lady’s waist, move as follows: 8x, alternating:

   R  LR  LRL (qq s)

   L  R  (on 8th one, turn until facing center) hands joined again to begin dance again

   Men’s verse

Mademoiselle, voulez-vous danser,
   La Basringue, La Bastringue?
Mademoiselle, voulez-vous danser
   La Bastringue va commencer!

   Womens Verse

Oui Monsieur, je voudrais danser,
   La Basringue, La Bastringue
Oui Monsieur, je voudrais danser
   C’est por vous acompanyer!

**LAMIITA** (Romania, easy)

Front basket hold (R arm over L), Dance moves to L for first 8 steps.

I:  Traveling to L, (wt. on L):
   R crossing in front, L steps to L side. On 8th,
   pivot and repeat steps to R, with L crossing in front, R to R side.

II:  To C:  serpentine steps:

   R, L, R, L, R, L
   R stamp, stamp (no wt.)
Back: Straight seps:  
R,L,R    L,R,L    R,L  
R stamp, stamp (no wt.) ready to do traveling steps to L again

**LE MAITRE DE LA MAISON** (France, easy)  
“V”, arms swing straight – pattern 4x  
To L: Step L, R tghr) (large steps)  
Step L, R tch (no wt.)  
To R: Step R, L tghr (small steps)  
Step R, L tch.  
Repeat steps.  
Step L, R swing, Step R, L swing,  
Step L, R swing, Step R, L swing.  
Turn ccw: L, R, L, (1, 2, 3) face C. feet tghr (4) up (5) down.

**LECH LAMIDBAR** (Israel, intermediate)  
4/4, 4-parts  
I: 4x to R: hands not joined, palms up:  
1          2  
Leap onto R, L crossing over in front.  
3          4  
Step R, L touch  
1          2            3  
To L: Step together step  
4  
Together (no wt.) & clap,  
Repeat steps to L (clap when feet tghr)  
II: 4x to R:  
1          2          3  
Step R Swing L, Step L  
4  
Swing R then 4-step grapevine:  
1          2  
Crossing R in front, side L,  
3          4  
R behind, side L.  
III: 2x in place:  
R step, L step, R step in, L back.  
R close (no wt.)  
IV: 2 pairs – grapevine:  
7-step grapevine to L, R hop  
Repeat to R, reverse footwork.  
Repeat second pair.

**LEGNALA DANA** (Macedonia, intermed)  
7/8 s, q,q pattern, open circle, “W”  
To R: Step R (s), Step L (q,q), Step R (s) lift left foot behind (wt. on R, bounce, bounce (q,q).  
Step on L (s), Step R-L (q,q)  
Facing C: Step R to side (s), raise L, bounce, bounce (q,q)  
Step L to side, Step R behind, raising slightly on R toe (q,q)  
Step out with L (s), raise R in front, bounce, bounce (q,q)  
Step forward on R (s), step back on L (q) wt., step R beside L (q).  
Step forward on L (s), step back on R (q) wt., step L beside R (q), turning slightly to face LOD.

**LEMONIA** (Greece, easy)  
Escort arm position, open circle, changes - vocal & instrumental  
a) To R: (vocal) Walk R, L, R (s,s,q)  
L steps to C (q), R in place (q)  
L steps back (s), R steps back (q)  
L steps forward (q), R back (q)  
L close (s).  
Repeat until instrumental begins.  
b) Instrumental:  
Step R to side (s), L behind (q)  
R back (q), L across in front (s)  
Swing R around to front to tch (s) (no wt.) Repeat 1).  
c) 4x = Step R to side (s), L behind (q)  
R back (q), Step L across in front (s)  
Step R in front (q) (wt.), Back on L (q).  
Repeat a, b, a, c, a, b, a. Musical change - ending with Sta Dyo steps.

**LE’OR CHIYUCHECH** (Israel, intermediate)  
Tight “V” w/arm changes to “W”  
Yemenite: Sway, sway, cross  
I: Pattern: Yemenites, 2x  
Y/L: Sway L, sway R, L crossover  
Y/R: Sway R, sway L, R crossover  
To C: Step in w/L “W”  
Back on R, (wt.) “V”  
Step L back beside R, “V”  
Step R in, “W”
Back on L, “V”
Sep R back beside L, “V”
Repeat pattern.

II: Pattern: 2x, wt. on R, up/down on balls of foot
To R: L, R, L, R-brush
R, L, R, L-brush
Grapevine to R, (after L-brush above)
Step L across in front “V”
R to R side “V”
Step L behind “W”, bending knees, dip
Step R to R side “V”
Repeat pattern.

LERIKOS (Greece, easy)
From Leros, “W”, open circle facing C,
two patterns - vocal & instrumental.
Instrumental introduction, start on vocal.
1) Vocal: (8x) To R: R to side, L steps behind,
R to side, L cross in front, R to side, L lift -
To C: L,R,L (q,q,q)
Repeat, starting with R back, L steps behind,
R to side, L cross in front, R to side, L lift -
To C: Three small steps: L,R,L R,L (q,q,q)
2) Instrumental: (2x, or 4x) To R: R to side,
L steps behind, R to side, L lift -
To C: Seven small steps:
L,R,L,R,L,R,L (last step stamp & hold)
Repeat: R back, L steps behind, R to side,
L lift -
To C: L,R,L,R,L (last step stamp & hold)
Repeat whole dance from 1).

LESI (Kosovo & Macedonia, intermediate)
7/16, 2 parts, closed circle, “W”, s,q,q
I: To R: Step R (s), L ft lifted behind (q,q,)
repeat reverse footwork to L.
Step R forward, step L forward
Step R back, Step L back with R lifted behind
Step R in place, Step L in place. Repeat
II: Walk R, Walk L, Walk R
Swing L forward, Step L back, Swing R back.
Walk forward to R: R, L, R.

MA NAVU (Israel, easy)
2 part lyrical dance using Yemenite steps, 2/4
(q,q, s), “W” with arm swings (“V”), open circle
I: Point R foot to front, then to R side; Yemenite step:
R foot back, L back, R forward
Rock back on L, forward on R.
Step L in place, up on balls of both feet, then
drop down on both w/ wt. only on R foot.
Repeat footwork with opposite foot.
II: 4x: Sidewise Yemenite to R:
Step R to R side, L beside R, R across in front,
Swivel on R foot, Step L, R, L
Repeat 3x more.
Repeat dance beginning with #1.

MAKEDONIKOS HOROS (Greece/Macedonia)
“W” closed circle, heavy, loping, skipping,
s,s  q,q,q s,q,q,s q,q,s , faster pace if music quickens:
[Slow tempo - Walking
Medium tempo – Knee bends
Fast tempo - Skipping]
I. Facing Left slightly, moving R foot diag. back:
R foot back, L foot back (s,s)
II. Facing Center: 3 small side-steps:
R to R side, L to R side, R to R side (q,q,s)
III. To R: 3 small steps diag R
L, R beside L, L (q,q,s)
Repeat from start

MALU ASAMENU BAR (Israel, intermediate)
Mixer, double circle, partners face w/man’s back to C.
1) Yemenite towards partner & back (hold hands, waist-high): Step R forward, back on
L, R back
Cymbal clap: R down, L up
Partners jump to own R (both feet).
2) **Crossover pattern:** face own R:
   Step L across in front, back on R, L to side,
   pivot & hop (facing opposite direction).
   Step R, back on L, Step R to side, pivot & hop (wt.).
   Six running steps to your own R: L,R,L,R,L,R
   (skip one person, second person is new partner),
   spread arms out wide “hello”.
To R: Step R forward (wt.), step L in place (wt.),
   Step R in place (wt.) bounce
   Swing L foot forward (wt.), step R in place (wt.)
   L in place (wt.) bounce very slight
   Rock back on R, (wt.), then forward w/L (wt.)
   step R in place (wt.) Swing L foot back (wt.), step R in place (wt.),
   step L in place (wt.)

3) **Grasp partner’s arms just above elbow:**
   Circle cw for 8 cts. (start w/R ft.)
   drop arms w/L elbow raised follow around for 8 cts.
   Rejoin partner w/first arm position, now ccw circle for 8 cts.
   with R elbow circling.
Repeat dance from beginning = pattern 1.

**MAMER** (Assyria, easy)
Dancers close with fingers clasped, elbows touching.
1,2,3, 4,5,6, Line moving to R
Face C: L heel, L heel (front),
fall forward onto L foot,
Step R to R side, L behind,
R to side (wt.)
Repeat from beginning.

**MAYIM** (Israel, easy intermediate)
“Water”. hands joined, closed circle, cw
In Place: R tch, L tch, R tch, L tch
To L: Start grapevine, 4 steps, 4x
   R across in front, L to L side, R behind, step L to L.
To C: Step R L R L (arms raised going in)
   Back: R L R L (arms go down) 2x
4 steps to LOD: R L R L (wt. on L)
   Hop on L foot, R tch in front, R tch to side, in front, to side (7 times), on
   8th fall on R foot & hop on R foot with
   L tch in front, to side, etc. 7 times -
   claps on beats 1 3 5 7.
Repeat dance from grapevine to L.

**MAYKE ME DEVA DALEKO** (Macedonia, easy)
Arm position “W”
Triple steps: 4x:
   Step R, L across in front, Step R, L lift,
   Step L, R across in front, Step L, R lift
Singles:
   Step R, L lift
   Step L, R lift
Repeat
R stamp, stamp, stamp (no wt. –R)
Clap, Clap, Clap.

**MILANOVO KOLO** (Serbia, intermediate)
2/3, “V”, simple circle dance, 16 measures
To R: Step R-hop, Step L-hop, turn to face C,
   Step R to side, L behind, R to side, hop (off R).
To L: Reverse pattern to L, start with step L-hop.
Face C: Rock forward & back, shift weight from foot to foot:
   Step R forward (wt.), step L in place (wt.),
   Step R in place (wt.) bounce
   Swing L foot forward (wt.), step R in place (wt.)
   L in place (wt.) bounce very slight
   Rock back on R, (wt.), then forward w/L (wt.)
   step R in place (wt.) Swing L foot back (wt.), step R in place (wt.),
   step L in place (wt.)

**MISERLOU** (Greece, easy)
Basic (a): Face C: Step R to side (wt.), tch L toe in front, then swing L behind (wt. on L)
   R to side, L across in front.** (pivoting on L to face RLOD)
   (b) To L: Step R, L, R w/L foot raised behind,
   Moving backward: Step L, R, L (wt.).
*** Variations: (a) + RLR, LRL (or multiple, ending on L).
   Pivot on L facing RLOD, R, L, R – pivot to R
   L, R – pivot to L, then end with (b).
   Crossovers: alternate, start w/R over in
   front of L, then crossing over in front of R
   then (b).

**MOM BAR** (Armenia, intermediate)
“W”, pinkie hold, R hand w/finger & thumb formed to hold a candle, arms front waist high
Arm movements with steps on I:
To R, to L, Center (slower, q, s)
Center, R, L (slower, q s)
I: arm movements, 2x to R, face C:
   R to R side (slower)
   L close to R (quick)
R to R side (slow)
L steps into C (slower) wt.,
Step back on R (quick) wt.
L close to R (slow).

II: Wt. on L foot, no arms. 1x
R tch to diag. center,
R tch to R side, R tch to diag. center,
R tch t R side.
At end of dance, blow out candle.

NARODNO ORO (Macedonia, easy)
“W”, open circle, 6-steps, cw turns
To R: Walk R, L, R, L lft.
Repeat until leader calls turn: cw -
R - L - R, then L lft (face C), Step L, R lft.

NE FELJ LANYOM (Hungary, intermediate)
3-pattern dance, w/ variation at end of pattern.
Music: A Gymesi Csango Lullaby, 4.4 meter
1. Into to R:
   Step R, L-tch, Step L, R-tch, Step R, L-tghr
   Step R, L-tch.
   Repeat.
   On repeat to L: Step L, R-tghr,
   Step L, R-brush
   On last 4 cts. turn to face L
2. Walk to L: R (1), L (2) R (3) L (4), R-pivot (5)
Moving backward:
   Step L (6) R-tghr (&) L step (7)
Step fwd (8) (optional), arms swing R to L:
   Step R, (kerplunk), L crosses in front; Repeat
   Step L to side, step R behind,
   R step - hop, lift L
   Step L to side, lift R
   Step R to side, lift L;  Step L to side, lift R
   2-step cw turn: R, L, R-sway, L-sway
   Repeat pattern I.

3. In Place:
   Step R (1), L-stamp (2) (silent & soft)
   Step L (3), R-stamp (4) “ “
   Dipping on 1st beat:
   R (5), L (6), R (&)
   reverse: L (7), R (8), L (&)
   On 2nd repeat: add step brush
   Repeat Pattern 2 and then 3
   Variation: Pattern 2 after you hear the Zurna
   (Turkish pipe):
   Walk to L: R (1), L (2), then add 2 Rida steps:
   R (3), L (&), R (4), L (&) the rest is the same.
   To L also add Rida steps.

NESTINARSKO HORO (Bulgaria, easy)
3-measure dance, moving diag R center; “W”.
1 2 1 2 3
R L (s, s) R L R (q,q,s)
1 2 3
Back straight: L (q) R (q) L (s)

OD LO AHAVTI DAI (Israel, intermediate)
Closed (or open) circle, arm changes w/ steps
I: To L: 4-step grapevine - 2x; wt.=L, hands “V”
   R crosses in front, Step L, R behind, Step L
   Repeat
   Cherkysia 2x (drop hands):
   Step R forward, (palms up), Step L in place
   R steps back (palms down), Step L in place
   Repeat I
II: In to C: 4 steps, arms move up, clap on 4th:
   R, L, R, L - clap
   Back: R, L, R, L
   To R: (Hop off L-optional), Arms swing R to L:
   Step R, (kerplunk), L crosses in front; Repeat
   Turn: 4-step cw: R, L, R, L (wt. on L)
   Repeat II

OD YISHAMA (Israel, intermediate)
Open circle. I. arms=“V”, II. =shoulder hold
Pattern I: “V”, 2x
   To R: R, L, R-chug, lift L
   L, R, L-chug, lift R
   Face C: in place: rock R forward,
   L back, repeat
   2-step cw turn: R, L, R-sway, L-sway
   Repeat pattern I.
Pattern II: 1x only, shoulder hold, face C:
   Step R to side, step L behind, 3x
   R step-hop, lift L
   Reverse steps to L.
   Step R to side, step L behind,
   R step-hop, lift L
   Step L to side, step R behind,
   L step-hop, lift R
   Step R to side, lift L; Step L to side, lift R
   2-step cw turn: R – L, R-sway, L-sway
   Face LOD
ODENO ORO (Macedonia, easy)
Arms “W”

To R: Walk R, L,
Face C: R-L step-together, Step R, L swing,
   Step L, R swing, Step R, L swing,
Back: Step L, Step R (1,2),
   L Steps forward (3)
When tempo speeds up, Arms “V”, skip-hops

OLA TA MELACHRINA (Greece, easy)
“All the brunettes”, Isl. of Thassos, “W”, 2/4, open circle. Drum beat – then start with vocal.
Vocal: 2x
To R: Step, R L tch; Step L, R tch,
   Step R, L tch
To C: Step in w/L, R tch.
Back: Diag R: Step R, L behind, R close (no wt.
   on R, both heels slightly lift up/down).
Musical: 1x
Replace tchs w: back pas de ba (q,q,s),
   To C: L,R,L & basic steps back.

PATA PATA (South Africa, easy)
An individual dance, no special pos. on floor, can freely express with any arm movements.
Start with feet tghr, wt. L.
1) R tch out to Rside & return (wt.)
   L tch out to L side & return (wt.)
2) Feet tghr: toes out, heels out, heels in, toes in.
3) With weight on L:
   R leg raised, knee across; toe tch R side
   R leg raised, knee across; toe tch R side
4) ¼ turn cw; R L R L (wt.)
Start over

POGONISIOS (Greece, easy)
Arms “W”, open circle, steps like “Sta Dyo”, with left movement during instrumental.
Face C: Step R (s) to R side,
   Step L (q) behind, Step R (q) to side
To R:    Step L across (s), R L (q,q)
Leader signals change to Left (RLOD).
Transition step: _ _ _ Step _ _ _ close (wt. on R)
To: reverse steps (mirror pattern of beginning steps. R behind.

POLOMKA MEDLEY (Serbia, advanced interm.)
A 3-dance medley. Belt-hold. Steps done on entire foot (flat-footed).

I - Polomka:
   Step R forward, L in place
   Step R behind, L in place
   Repeat 2x
   Hop on Left, Step R forward
   L in place, R in place
   L in place, R in place
   L in place. (to end of music)

II - Metovnicanka:
   (end each grapevine with a hop)
   4 Pairs:
   Step R to R side, L crossing in front, R to side, Lift Left. Repeat to L (4 pairs = 8).
   2 Pairs: 7-step grapevine
   Start to R and then repeat to L,
   Alternating back to R and finishing to L
   (2 pairs = 4)
   1 Pair: 15-step grapevine to R, repeat to L

III - Kostenka:
   No music cue, diagonal L center
   To R: Start grapevine 1,2,3,4,5,6, R to R side, L in front, R to R side, L behind etc
   Back: Stepping onto R complete
   3 reel steps: R step hop, L step hop, R step hop
   Reverse to L
   Variation: 5-step grapevine (leader’s call)
   L Stamp, stamp. Hop on R
   Step back with L – hop
   Step back with L – hop.
   Reverse to L with grapevine.

PROMOROACA (Romania, easy)
Closed circle, hands joined in “V”

I: To R: 8 two-steps R L R L R L . . .
   (emphasis on 1st and 3rd steps)
II: To R: Step R, L close, Step R, L close
   (slow, slow)
   Step R, L close, Step R, L brush/tch
   (quick, quick)
III: To L: Step L, R close, Step L, R close
   (slow, slow)
   Step L, R close, Step L, R – 2 stamps
Repeat dance from beginning.

ROAD TO THE ISLES (Scotland, intermediate)
Partner dance, butterfly position, [alternative mixer with ladies moving up to next partner]
I:
L tch front, L step behind, R to R, L step front
R tch front, R step behind, L to L, R step front
L tch front, L tch back
II A: Schottische steps: (3 steps & hop)
Move forward with L, R, L w/R hop
R, L, R, L/Hop & turn RLOD
R, L R hop w/turn LOD
Couple starts over with pattern I.
II B: Alternative mixer on part II:
Move forward with L, R, L w/R hop
R, L, R, L/Hop & *- man turns,
R, L R hop w/turn – receives new partner.
* - W continues forward to join next partner.
Start over with pattern I & new partners.

ROBIN DDIOG (Wales, easy)
Closed circle, hands “V” except for turns
To R: 8 walking steps, starting with R,
4-step turn, end facing C.
q q q q  s  s
In place: R L, R L, R L (down flat, wt. L)
Step R, L swing’ Step L, R swing
q q q q  s  s
In place: R L, R L, R L (down flat, wt. L)
Repeat from beginning.

ROGOJINA (Romania, easy)
Open circle, First pattern alternating, 2x to each side
I:  To R:  face C
   Step R to R side, L behind
   Repeat to R (total 5 steps)
   L stamp, stamp
   Reverse pattern to L.
II:  No wt. on stamps, 1x to each direction:
   Step R, L stamp, stamp
   Step L, R stamp, stamp
   Reverse, starting with L foot.

ROMINO ORO (Macedonia, Rom, intermed.)
7/16, “W”, 2 parts with variations, leader signals changes.
To R:
Step R, L raised – bounce, bounce,
Step L, R raised – bounce, bounce.
Walk:  R, L, R, L- raised & 1 bounce, face C.
Repeat to L: start with L (mirror pattern).
Variation A: slip-steps:
Replace bounce (q,q)/foot raised (s) with:
R,L,R  L,R,L  walk R, L R raised-bounce
Repeat to L: start with L (mirror pattern).
Variation B: CW turns: (only when moving R)
on 1st or 3rd measures.
Variation C: Pivot turn:
Step out w/r to R, & pivot turn to left (L,R),
L, R, L-raised & single bounce.

RUMELAJ (Macedonia, easy intermediate)
“W”, open circle, start on vocal. Cw turns at leader’s discretion.
To R:  R tch, step R,  L tch, step L,
Face C:  R tch (no wt.) step back on R
   Step L, (slightly to L side)
   R across in front (facing diagonal L)
   L tch, L back, Step R to R side – until you face diag R,  L across in front.
Start again at beginning.

SADI MOMA (Bulgaria, easy)
7/8 meter, SQQ, “W”, 2 extras steps on instrumental. Start w/ 4 walking steps to the R:
To right:  R, L, R, LR, facing C. (s, s, s, qq)
Back from Center:  L  R (s, s, wt on R foot)
   (Arms go forward, down)
To L: Grapevine:  L to L side, R crosses over,
   (Arms go back to “W”)
   L to L side., R behind
   (Arms go forward, down)
Side step to L, turning to face R
   (Arms go back to “W”).
Instrumental only: Facing LOD: R, L.

**SANDY’S CACAK** (Serbia, advanced)
Short lines, arms down “V”, fast
I: Six step grapevine with 3-step kicks:
   R step to R, L behind, R to R, L cross in front
   R to R, L behind, R-kick, L-kick, R-kick.
II: L to L, R behind, L-kick, R-kick.
   L to L, R behind, L across front
   R back, L to L, R across front L, L back.

Start again from I.

**SAPRI TAMA** (Israel, easy intermediate)
Individual dance, ¼ turns. Arms “U” (above head) - swing R, then L with first 2 steps.
1) Sway to R, Sway to L (“U”); arms down.
2) Turn to R w/R step, L step (1/4 turn), curl inwards w/arms crossing in front, fingers clicking.
3) R Yemenite & L Yemenite, palms down;
   Step R, L leg raised to diag. front, fingers clicking. Repeat to L with opposite footwork.
4) Step R to R side, L crosses in front, arms crossing, fingers clicking, repeat followed by R Yemenite. Repeat 4 to the left (opposite footwork).

**SARAJEVA** (Serbia/Bosnia, easy)
“Girl from Sarajevo”. Open circle, arms “V”
I: 2x to R: Walk R, L to side, L behind, L-tch, step L, R-tch, step R, L-tch,
   To L: walk L, R cross in front, step L, R-close.
II: 4X: R step, bounce, Step L, bounce,
   Step R to side, L behind,
   In place: R,L,R (1,2,3) L,R,L (1,2,3)
   R,L,R (1,2,3),
   To L: Step L, R cross in front, Step L, Step R, bounce.
Begin again with I.

**SAVILA SE BELA LOZA** (Serbia, easy)
Open circle, leaders at both ends, “V”, no introduction.

To R: 19 running steps with a hop on beat 20.
To L: Change direction with 19 running steps ending with a hop on #20.
2nd: Alternating pattern to R, then L. Face C
   Step R, L crossing in front
   Step R, L lift, then -
   Repeat pattern to L
   After 6x, start over with running pattern.

**SETNJA** (Serbia, intermediate)
Open circle, escort hold, changing to hand hold “V” when music tempo changes.
   Face slightly R:
   Walk R, L Walk (s,s), R L R (1,2,3 or q,q,s)
   Face C: Step L behind (s), R behind (s), (small weaving steps),
   Back: (1,2,3): Step L (q), Step R (q),
   Cross in front with L foot (s).
   With musical change, go to hand hold “V”,
   and steps change from walk to hop:
   To R: R-hop, L-hop, R L R-hop (1,2,3-hop)
   (s, s, q,q,s)
   Back: weaving steps — L, R, L R L-hop (1,2,3-hop) q,q,s.

**SHAM HAREI GOLAN** (Israel, intermediate)
“W” & “V”, two parts
1: 2x to R: in place “camel”:
   1, 2, 3, 4 1,2,3 & 4
   R, L, R, L, R,R,R lift L
   Touch L heel 2x (1-2 (3-4)
   Backwards Yemenite:
   L back (1), R back (2), L fwd (3-4)
2: Face R: L-shoulder in,
   To C: “W”, arms up on L crossover:
   R crossover (s),
   L crossover (q,q,s) “W”
   R , L in place
   R crossover (q) L, R in place (q,s)
   Step L fwd with dip,
   Back (arms come down slowly):
   R, L, R, L (q,q,q,s)

**SHEIKHANI** (Assyria, intermediate)
2/4, face toward C, hands joined, clunky steps, after musical introduction, start on vocal.
[NOTE: “Chicago Sheikhani” and “Fresno Sheikhani” are two of several similar, but different-step dances done to the same music.]
1: To C: Lunge with L (1), then “clunk” steps: R (2), L (3), R (4) L (&) (arms moving up, rock back),
   Back: L (5), R (6) (arms swing down & back, rocking forward) &
Swivel LOD - L arm behind back, joined w/next person’s R hand:
Diag out: R (7) L (&) R (8), (step-close-step)
Diag in: L (9) R (&) L (10), (step-close-step)
Diag in: (11) (in place, swivel diagonal in)
Diag out: (12) (in place, swivel diagonal out)
Diag out: R (13) L (14) R (15), (step-close-step)
L stamp, stamp (16), Swivel on R to face C. &
Fall onto L, (facing C) to start again.

SIROON GAKAV (Armenia, easy)
Song-dance, 2/4 meter, pinky-hold, “W” open circle, arms move in direction of feet.
   To C: arms jiggles slightly.
   In place: 2x, pivot R heel so toe points to R, & then returns next to L foot
To R: Walk R, L, R, L-tch
To C: Step in w/L, R-tch
BFC: Step R, L-tch
Repeat C: and Back:
To L: Step L, R-tghr, Step L, R-tch

STA DYO (Greece, easy)
Epirus, open circle, “W”, 2-measure dance s,q,q, s,q,q
To R: 1: Step R to R side, (s)
   Step L behind (q)
   Step R to side (q)
2: Step L across in front (s)
   Step R to R side (q)
   Step L to R (beside) (q) (wt. –L)

STA TRIA (Greece, easy)
Epirus, open circle, “W”, 3-measure dance (6 cts), Face C, 2/4 meter, Flat footed.
To R: 1) Step R to R side
   2) L crossing in front
   3) Step R to R side
   4) L-lift
   5) Step L to L side
   6) R-lift
   Replace lifts w/bounce, bounce;
   OR stamps; OR rock, rock (= L in front,
   back on R, then step L w/R tch); OR
   R toe point R, point C, et.

STARA PRIZRENKA (Serbia, easy intermediate)
“W”, on first step, arms move L, then R, continuously – when you step R to R, arms to L.
Face C: Step R to R side (1)
   Step L behind (2)
   Step R, lift-L (no wt., 1-2)
Move to R: L, R, L (q,q,s) (1&2)

STENKA (Russia, easy intermediate)
4 equal lines form sides of a square (#1,2,3,4) facing inward, “W”, Steps upright, sprightly.
Line #1 moves toward Line #3 with 10 steps, then R-L-R (body bent sl. forward on 3 quick-steps), then upright stepping back 12 steps.
Almost simultaneously, Line #3 moves forward with 10 steps + 3 quick-steps. While Line #3 is moving back with 12 steps, Line #1 bows down (6 cts down, keeping head up, then 6 cts up).
Lines #2 and #4 follow with the same pattern.
Next round: Line #3 starts, followed by Line #1
Line #4 repeats the pattern, then Line #2.
After the dance pattern is repeated 2x, hands are joined forming a circle, 22 steps, step-close, & all bow to center. End of dance.

STRANDZANSKI BUENEK (Bulgaria, adv interm.)
Dance done by young women at St. Lazarus Day celebrations; 2/4 meter, arms “V” & “W”.
I. 2x: Six steps to R – Step R flat, Step L (knee bend). Then 4 running steps: run, run, run, run.
II. 2x: Facing center, repeat above pattern.
III. Arms in “W” position, up/down, moving forward to center: R-L, R-L, R-L, R-L (4)
   For following steps: arms over, forward, down, back, up, pump, pump:
   Step R, with L stamp, step L with R stamp, Step R with two L stamps.
IV. Arms “W” position-forward, back & swing:
   With weight on L, step heavy across in front with R foot, then R foot behind 7x grapevine, moving in a perpendicular direction to L, with arms swinging. Arms in “V” position: 4 runs in place.
**STRANDZANSKO HORO** (Bulgaria, intermed.)

Belt-hold, 2/4, 2 patterns

           Sway R, L, R.  Reverse footwork to L
II. To R:  Step R (w/bounce), L foot raised
           Step L (w/bounce), R ft. raised
           To C:  R, L, R, L-hold stamp front
                   L stamp to side
           Back:  R bounce, L step, R bounce,
                   Step L bounce (no wt.)

**SWEDISH-FINN MIXER** Sweden, Finland

M inside circle w/back to C, W on outside facing men, forming a double circle.
1. M & W join R hands w/a R thumb-grip, circle 8 steps cw, then reverse ccw with L 
   thumb-grip for 8 steps (start w/R foot each time).
2. Still hold L thumb-grip, lae R hand on 
   partner’s R shoulder, 16 buzz steps (=start w/R foot across, R flat, L up).
3. Butterfly position: holding L thumb-grip,
   drop R hands, both facing LOD, M places R 
   hand near W's R shoulder, W place R hand up to grasp. With hands joined, walk 16 
   steps.
   On the 16th step, drop L hands. With R 
   hand, M swings W out to face RLOD (L), 
   Women moving to L (cw) & Men to R (ccw), 
   all circling for ct. of 16, (only M clap). On 
   reaching 16, meet up w/new partner.
   NOTE: GO TO CENTER IF YOU DON'T HAVE A 
   PARTNER — TO FIND ONE. Move back in line 
   during the butterfly promenade.

**SWEET GIRL** (Armenia, easy intermediate)

“Siroon Aghcheek”. Pinkie hold, open circle, To R 
with R foot, then facing C. F = face.

To R:  2-Two steps:  R,L,R, L,R,L
F Cent:  Step R, L behind, R (pivot turn cw, 
          now facing outward)
F Out:  Step L, R behind, L (pivot turn ccw)
F Cent:  Step R, L behind, R (go to two-step)
Arms:  Down/up on cw pivot, then clap.

**SYRTOS** (Greece, easy)

Pan-Hellenic, with many variations & stylistic differences. 2/4 (sometimes 7/8 = “Kalamat-
ianos”), “W”.  One example:

1 (s)  2 (q)  3 (q)
R to side,  L behind,  R to side,
4 (s)  5 (q)  6 (q)
Walk L,  walk R,  walk L (LOD)
7 (s)  8 (q)  9 (s)
Diag. R:  Step R,  L in,  R back
10 (s)  11 (q)  12 (q)
Step L back,  R back,  L forward.

Some variations on line moving:
1)  bridge,  2) thread needle,  3) clapping

**SYRTOS KALAMATIANO** (Greece, easy)

Pan-Hellenic. 4-measure dance 2/4 - 7/8, “W” 
2 travel measures + 2 in place. (traveling = 
stadyo), 12 steps.

(1) (2) (3)
I:  Traveling:  Step R,  L behind,  Step R,
        (4) (5) (6)
           To R:  Step L across in front,  Step R,  Step L
        (7) (8)
II:  In Place:  Step R,  L across in front,
          (9) (10) (11)
                Step back on R,  Step L back,  Step R back,
          (12)
                Step forward with L.

**SYRTOS KEFALONEAS** (Greece, easy)

“W”.  [On its home island of Kefallonia, this 
same syrtos is called — “Dhivaratikos” (see 
the longer notes under that name)].

1  2  3
Back:  R,  L,  R, (turn w/R (on #3) facing R)
4  5  6
To R:  Step L (cross),  R,  L & leap onto R,
7  
            L swing across (diagonal)
Back to R (LOD), facing L:
8  9  10  11  12
To L:  L,  R,  L,  R-tch,  L hop

**SYRTOS TSIRIGHOTIKOS** (Greece, intermed)

From the Island of Tsirigho, or Kythira, a dance 
“game”.  2/4 meter.  2 Lines led by one leader
(usually a man, using kerchiefs), “W” and “V”,
16-beat intro. 8/8 s,s q,s s,q
Face C: “W”, moving in LOD:
1. Step R, L-tch, Step L, R-tch
   Step R to side (s), L behind (s)
   R to side (q), L behind (s)
   Step R (s) + L-tghr (q) wt.
   Step R, L-tch
   Step L, R-tch
   Repeat
2. 14x, musical change, Island Syrtos, “V”.
   Forward, forward, tghthr. Alternating.
   Step R (s), L forward (s) tghthr (q)
   Step L (s) R forward (s) tghthr (q)
The same steps continue, even though the
leader will lead down the center (between
the two lines), or on the outside (lines circling
out and around).

TALGOXEN (Finland, intermediate)
A couple dance, closed circle. Schottische or
Reinlender steps, start w/L foot.
All to C: 1x
   L, R, L-hop (R foot raised)
   R, L, R-hop (L foot raised)
   Back: L, R, L-hop R, L, R-hop
Ladies to C: 1x (holding skirts)
   L, R, L-hop R, L, R-hop
   & back with similar steps
   Men: clap on 1st & 3rd beats
Men to C: 1 schottische step only
   L, R, L-hop R step stamp, L step stamp,
   R step stamp.
   Men: shoulder hold, circling to L, start w/L
   - 6 schottische steps.
Ladies: With L foot, move to L with
schottische steps (keep face to C), holding
skirts, then to R, continue alternating (stay
within 3-4 feet of men’s circle)
Men: after 6x – ccw turn with L, R, L-hop, join
hands (skater’s hold) with partner &
schottische beginning with R, to end of
musical phrase (put lady on the R & all
face center on last measure).

NOTE: if you find yourself without a partner,
go immediately to the center, locate a
partner, joining the circling.

TAMZARA (Armenia, intermediate)
Partner version, with 2 facing lines, q, q, q, s
(1) (2) (3)
To R: R step, L tghr, R step (q, q, q)
   L-tch (4 & 5) clap, clap,
   Repeat pattern to L.
CW turn: R, L, R, L-tch (arms above head,
curling, & down with clap, clap).
CCW turn: L, R, L, R-tch (same arm
movement).
To C: with hands on hips: step R forward with
hop (L shoulders) Step L, R-tch (face partner)
2 claps to partner’s hands … continuing in di-
rection to other side of line: with Step R,
hop R with cw turn, Step L, R-tch (no wt) -
ap, clap (will be facing center).
Repeat steps back to C: w/L shoulders passing,
etc. until you are back in starting position.
Repeat dance from beginning.

TESI-DUZ HALAY (Turkey, intermediate)
4/4 meter. 5 patterns: arms down “V” w/hands
casped, wt. on L – moving to R, keep line even
w/shoulder to shoulder.
I: 16x: Step Right foot flat, up on ball of L.
II: 8x: (alternating) Step R, Left step kick
   Step L, Right step kick
   Repeat patterns I & II.
III: 8x: Bounce, bounce (both feet), bounce L,
   Right up.
IV: 8x: “Halay” M - Teh!; W - shrill Lalala!
   Step R, Left crosses in front
   Step R, Left bicycle, Step L, R bicycle
V: 4x: Weight on Left foot:
   Hop off L, step, step
   Jump both-hop R, Jump both-hop R
   After 4th time, feet together “chug”
   Shout “Hay!” at end.

THRACIAN HASSAPIKOS (Greece, easy)
Open circle, “W”, 6 cts: q, q, s, s
   1 2 3-4 5-6
Face C:
(1) (2) (3-4) (5-6)
Step R, L behind, Step R, L steps diagonal R
Embellishments: lifts or either slow steps can be replaced w: lifts, 2-steps (q,q,s), 4-swing & 6-scuff, or 3 & 4 = RLR, 5 & 6 = L,R,L.

THRAKIKOS HOROS (Greece, easy)
Escort-hold: L hand on hip, R hooked, s,q,q,s
To R:  L step across in front of right (s),
Right foot steps out to R side (q),
Left foot across in front (q),
Right to R side (s),
Left toe touch (toe on diagonal (L) (s)

TL’L ZUGIM (Israel, easy intermediate)
Closed circle, “V”, start w/vocal. Yemenite steps: (sway, sway, cross), 2 patterns
Pattern 1: Face slightly R diag (r meas.):
   q,q,s q,q,s q,q,q,q,q,s
   R Yemenite (1 & 2 – hold)
   L Yemenite (1 & 2 – hold)
   R Yemenite (1 & 2 – hold)
To L:  Step L, R cross, Step L, R cross hold
Reverse footwork: starting w/L
Repeat pattern 1
Pattern 2: Face C, crouching slightly.
Step back 5 steps: R,L,R,L,R, (clap on each step) (wt.)
Moving forward 5 steps:
   Leap onto L, Step R
   Leap onto L, Step R
   Leap onto L (wt.) (arms rolling forward with finger snaps on L leap only).
Pattern repeated 4x.

TRATA, FISHERMAN’S (Greece, intermed)
An island, fisherman’s dance; closed circle, hands “V”
I:  Face C:  4x
   Step R, L across (knee bending)
   Step R, L toe pointing (look up to L)
   Step L, R toe pointing (look up to R)
II:  Weaving:
   Step R (next to L), then 3 steps back:
      L, R, L,
   Step R, L across (knee bending)
   Step R, weaving back with:
      L, R, L

Repeat I.

TRATA, “JOE’S” (Greece mainland, easy)
Mainland, front basket-hold, moving diagonal Right throughout.  s,q,q
To R:  Step R (s) to diagonal R,
   Step L (q) forward to center,
   Step back on R (q),
   Step back on L (s),
   Step back on R (q)
   Step L forward to diag. R (q).

TROIKA (Russia, intermediate)
Trios of 3 persons facing R (LOD), arms “W”
To R: Starting with R foot, 8 running steps forward; Starting with R foot, 8 steps back.
Circle 1a: Outside person (to R of C person) circles in (8 cts) under the joined hands of the L & C persons (C person turns also, returning to the outside position. Now the person to the L of C circles in under the others’ joined hands (8 cts) with Center person turning.
Circle 1b: Trio joins hands, forming a circle, 3 grapevine steps to L, starting w/R as follows:
   To L:  R across in front, L to side, R behind, L to side (repeat 2x), then R step, L step, R step.  To R: repeat pattern starting w/L across in front, etc.
Note: On last L step, R step, L step, the trio reopens the circle, forming a line again, w/ Center person moving forward 8 longer steps to meet the next set, joining hands; then the new trio moves back 8 steps.

TROIRO (Greece, intermediate)
Thrace. Arms “V”- swing forward on 1st beat, then back-and-forth for entire dance.
   (1) (2) (3)
To L:  Step L, R across, Step L,
      – ( & 4 ) –
      Step R sl. Center, L (heavy accent) (wt.)
   (1) (2) (3)
To R:  Step R, L tghr, R step, L behind,
      (1) (2) (3)
      R step, L together, R step, L together,
      (1) (2) (3)
      R step, L together, R step, Step L, R
      (heavy emphasis, wt. on R)
TRUGNALA RUMJANA (Bulgaria, easy)
A lesnoto with a grapevine, 7/8 (s,q,q)
Grapevine to R:
- R to side (s), L in front (q,q),
- R to side (s), L behind (q,q),
- Step R (s), L-tch in front (q,q),
- Step L (s), R-tch in front (q,q).

TSADIK KATAMAR (Israel, easy intermediate)
4/4, “W”, 2 parts: chorus pattern & grapevine
1) To R: Chorus step: Run – R, L, R, L
   In place – Sways: R, L, R, L
   Repeat 1.
2) Grapevine & Turn: Step R, L in front,
   Step R, L behind, 3-step cw turn w/R, L,
   R (face C again). Crossover w/L in front,
   Step R in place, Step L to side. Cross R
   over L, Step L in place.
   In Place: Sways: R, L, R, L
   Repeat 2.

TSAMIKOS (Greece, easy)
Pan-Hellenic, “W”, open circle, ¾ time
To R: Step R to R side (1, 2 ct.), Step L
   across in front (3 ct.). Repeat 3x
   4th time: Step R to side (1), hold (2),
   L-lift to C (3), hold.
To L: Step L, hold, R across in front, Step L,
   hold. R swing.
Variants: Replace lifts w/bounce, bounce; OR
   stamp; OR rock-step w/L in front, back
   on R, then step L w/R-tch; OR with
   leader-signaled turns (step R, LR pivot,
   2nd LR pivot (should be facing C) - 6 ½
   turns or 3 whole turns.

TZENA TZENA (Israel, easy)
“V” – (the first time, let 2 go by before starting
the grapevine patterns = 6x)
1. To L: 4-step grapevine. R steps across in
   front, Step L to L side, Step R behind, Step
   L to side. Repeat 8x
2. Directional change in step hops:
   To R: R step-hop, L step-hop (pivot – now
   face L) moving back in LOD: R step-hop,
   L step-hop. Repeated w/directional
   change = 4x.
3. In place: feet tghr, 4 bounces followed by:
   R steps in (clap). Back on L, R steps back
   beside L. Step L. Twice more = 3x.
   Repeat pattern #3.
Repeat dance from beginning with grapevine
to L.

U SEST (Serbia, intermediate)
“Seven”. An open circle or line, “V”, 2/4 meter,
leader-called changes (in no prescribed order).
“Hajde” – To R (“Let’s go!” - resting walk step):
   Step R to R, L across in front,
   Step R, Close with L (turning to R)
   Step L, Close with R (turning to L)
   Step R, Close with L (turning to R)
   Reverse pattern to L: (opposite footwork)
“Čuješ” – to R (“listen” - hops) step, hop, step:
   Step R, hop on R, L cross over R,
   Syncopated 3s in place (R,L,R L,R,L R,L,R)
   Reverse pattern to L: (opposite footwork)
“Čekaj” – to R (“wait”)  
   Step R to R, extend L across in front (pause)
   & Quickly step on L,
   Syncopated 3s in place (R,L,R L,R,L L,R)
   Reverse pattern to L: (opposite footwork)
“Skoče” – to R (round-hops) [3x]:
   Step R, R knee bending & L heel to R instep
   Hoping on R – swing L foot behind (wt. on)
   Repeat 3x
   Syncopated 3s in place (R,L,R L,R,L R,L,R)
   Reverse pattern to L: (opposite footwork)
“Četiri” – to R (“four”, behind steps):
   Step R, L step behind R – 2x
   Syncopated 3s in place (R,L,R L,R,L L,R)
   Reverse pattern to L: (opposite footwork)
“Sedam” – to R (“seven”, behind steps):
   Step R, L step behind R – 7x
   Reverse pattern to L: (opposite footwork)
“Četiri - Skoče” – to R (Combine behinds+hops):
   Step R, L step behind R – 2x
   Step R, R knee bending & L heel to R instep
   Hoping on R – swing L foot behind (wt. on)
   Repeat 3x
   Reverse pattern to L: (opposite footwork)
URVA FRANKA (Macedonia, intermediate)
Open circle, hands joined in “W”, 7/8 s,q,q (s) (q) (q)
1: To R: Step R to side, step L behind, step R (s) (q, q-hold) to side, Step L in front, lift R (bounce)

VALLE JARNANA (Albania, intermediate)
2-part dance, Arms “W” with L-R movements only in 2nd part. Start with vocal.
I. 8x, s,s,s,s,s
   R to R side, L cross behind (dip),
   R to R side, L-tch beside R, L forward (pause)
II. 3x, qq, qq, qqs, qqs (12, 123, 123)
   R to R side, L cross in front, repeat 2x (qq, qq)
      (arms go L, R, L),
   R to R side, L behind, R beside L (qq)
      (arms go L)
   L to L side, R behind, L beside R (qq)
      (arms go R)
Repeat patterns I & II - 3x
Ending: after 3rd repeat, continue with pattern I until music ends.

VARI HASSAPIKOS (Greece, intermediate)
Short lines, shoulder hold. Basic & variations:
a) Triangle, b) 5-3-1, c) Step-n-touch,
d) Grapevine
Basic: wt. on R foot:
   Lunge onto L (q), R-tch & lift in front (s),
   Step R back, L back (s,s)
   R to R side, L across in front (wt.)
   Back on R, L foot in front w/tch (no wt.)
      (q, q, s, s).
a) Triangle:
   to R: L, R, L; to C: R, L, R;
   Back from C: L, R, L ending w.pas de bas;
   R to R side, L crossing over, back on R (wt.).
b) 5-3-1:
   Lunge onto L (q), R-tch & lift in front (s),
   5 = To L: R crossing in front for 5 cts, with R swivel-turn; repeat to R w/L crossing in front = 5 cts.
   3 = Repeat crossing steps to L for 3 cts;
      reverse to R – 3 cts.
   1 = R foot over L, then L over R, feet tghr,
      toes open, heels open, heels closed, toes close. Wt. on R foot for starting basic.
c) Step-n-touch:
   Lunge onto L (q), R-tch & lift in front (s),
   To L: R crosses in front, Step L to side, R crosses in front s/R toe-tch;
   R to R side, L across in front (wt.)
   Back on R, L foot in front w/tch (no wt.).
d) Grapevine:
   Lunge onto L (q), R-tch & lift in front (s), +
   grapevines, starting w/R crossing in front:
   heel steps + grapevines
   To L: R, L, R to R: L,R,L,R,L
   To L: 1 R heel step to R: L,R,L,R,L
   ending: last 2 ½ measures of the basic.

VE DAVID (Israel, easy)
A couple-mixer. Lady to R of man (her L hand joined w/his R). Start all steps w/R foot.
Couple: 4 steps diagonal in, & 4 steps diagonal out (pie wedge).
Face C.: All join hands in a circle: 4 steps
   In to C., & 4 steps back out.
Ladies: 4 steps to C. & back (hold skirt, men clapping)
Men: 4 steps to C. (all clapping), turn ½
   turn cw, 4 steps out to new partner.
Partners: R hip to R hip, R arms around
   waists, L arms up: circle cw for 8 counts;
   man swings lady to his R.
Repeat beginning of dance.

VRANJANKA (=Sano Duso; Serbia, easy)
A stately Rom dance from Vranja. Arms “W” or escort hold. 7/8 time – s,q,q s,q,q
To R: Walk R (s), Walk L (q,q)
In place (face C): Step R, L, R (s,q,q)
Back: Step L (s), Step R (q), Step L forward (q)
Repeat from beginning.

VRAPCHETO (Bulgaria, easy)
Children’s song. Front basket hold, short lines.
To diag. R: 7 walking steps:
R, L, R, L, R, L, on 7th w/R step, face C:
R-swing, Step L, R-swing
Grapevine to L:
Step L, R across in front, Step L, R step behind
Step L, R-swing, Step R, L-swing
Step L, R-stamp (no wt.).
Closing – after last instrumental:
1 - Back R foot, 2 - L foot to Left
3 - Back R foot, 4 - Forward L foot, & 5 - bow.

WOMAN’S TSAMIKOS (Greece, easy)
An island dance, ¾ meter, Arms “W” position; done in 5 measures, rather than the usual 6.
1 2
Step R to R side, Step L behind
3 4
Step R to R side, Step L across in front,
5 6
Step R to R side, Step L across in front.
Measure 3 =
7 8 9
Step R, L cross, Step back R
Measure 4 =
10 ah 11 12
L, R, L, R crossover
Last measure:
13 14 15
L to side, R behind, L cross in front (to R)

YALALAR (Turkey, intermediate)
Instrumental & lyrics, long introduction, Sway R & L, open circle-line, 6-step pattern, tight “V”
Words in succession:
Yighair Yighlarlar 2x
Dilo Dilo Yighlarlar
musical phrase
Dilo Dilo Yighlarlar
To R: Step R to side, L steps across in front,
Step R, L-heel to diag. C,
Step L back, R toe-touch (R of C)
Turn: R, L, R, L-toe touch
Step L back, R toe touch.
(On turn, clapping each beat.)

YEDID NEFESH (Israel, intermediate)
Each pattern is done twice, followed by the Chorus steps. Arms “V” & “W”, Waltz steps
1, 2, 3.

I: 2x, “V”: travel to R: R, L, R, L,
(turning on 4 to face LOD)
5 6
R, L (moving back in LOD, face L)
7 8 9
R, L, R, (1, 2, 3)
10
L (cw turn to face LOD=R)
11 12
R, L, (moving forward to R=LOD)

CHORUS: “V” To R:
Step R forward, L, R (1, 2, 3)
Step back: L, R, L (1, 2, 3)
Turn cw to face out w/R, L, R
Back: L, R, L (1, 2, 3)
Facing out, w/back to C, repeat beginning chorus steps.

II: 2x, “V” To R:
R, L, R L, L, R, L (1, 2, 3)
cw (complete) turn w/R, L R,
face R, moving forward: L, R, L.

CHORUS

III: 2x, In place, “W” (1, 2, 3)
Step R, L behind, Step R in place,
Step L, R behind, Step L in place
Step R toward C., (L foot hold up
up behind R ankle) 1, 2, 3
Back L, R, L (1, 2, 3)
CHORUS, then repeat III and back to pattern
I. Entire dance done 3x.

ZAGARISIOS (Greece, adv intermediate)
2-part dance, 1st part=5/4 time, 2nd 2/4, “V”
I: In Place: (wt. R)
   L swing & lift, then step L forward to C,
   R-tch (beside L foot).
Traveling to R:
   Step R, L across in front, Step R,
   L across (wt. L)
   Swing R leg around to front, swing leg
   around to back, then R steps back, L lift.
To L: L to side, R behind, step L, R close (wt.)
With musical interludes, steps are: Step R, L-
   swing, Step L (about 16 cts.). Upon musical
   change, Sta Dyo steps until dance ends.

ZAHAROULA (Greece, intermediate)
A frequently done Vlach dance from S. Greek
Macedonia. “V”, 2/4 meter
I: Moving to R, alternating footwork – 6 cts.
   (1)                      (2)
   To R: Hop off L, Step R
   (3)                      (4)
   Hop off R, Step L
   (5)                      (6)
   Hop off L, Step R (face C.)
II: Alternating pattern, almost in place = 3x
   (1)                      (2)
   To L: Hop off R, Step L to side
   (3)                      (4)
   R across-front, L to side
   (5)                      (6)
   R across-front, L to side
Repeated to R w/reverse footwork. Start w/L
hop, R to side, etc. then repeated to L and
then back to I. Add twizzle when crossing in
front (optional).

ZEMER ATIK (Israel, easy)
Closed circle, face LOD, R hand (palm down
forward to person in front, L hand (palm up)
back over L shoulder to touch the person’s
hand behind you.
To R: R, L, L (4 steps), Sway to R (outside,
   ct. 1 & 2) clap twice on ct. 2.
   Sway to L (ct. 3 & 4) clap once on ct 4.
   Repeat. 4th time – turn body to face C
   (claps occurring when facing C)
To C: R, L, clicking fingers on ct. 2 & 4, then
move backward 4 small steps (without
clacking) but w/palms up, in a moving
backwards & down motion.
4th time, last 2 steps moving back from
C, turn to LOD (R).
Repeat dance from beginning.

ZEMLO MAKENOSKA (Macedonia, easy)
“Macedonian homeland”. “W”, open circle.
To R: Step R, L-lft, Step L, R-lft,
Face C: Step R, L-lft, - Dip (ct. 1,2)
Back: Step L bounce, Step R bounce
To L: Step L, R crossover – front
Back: Step L bounce, R-lft = 1 measure
Repeat from beginning.

ZERVOS (Greece, easy intermediate)
Open circle, moves to L, front basket hold w/R
over L. Start with singing. [NOTE – “Zervos
Carpathos” is a different dance.]
To R: Step R to L side, R across in front, Dip
   Step L to L side, R-tch
   Step R to R side, L-tch
   (touches slightly forward from L)
Music speeds up: Repeats 2x the first steps,
then: Step L, R across in front,
Face C: L Step-hop, R step-hop
Turn L: L Step-hop, R step-hop
Face C: L Step-hop, R step-hop
   (in place)

ZONORADIKOS (Greece, adv intermediate)
Closed circle version, belt hold, 6/8 meter
Basic: To R:
   Step R to side, L across in front (q,q)
   Step R to side, L behind (s,s).
I: To C:
   1  2  3                      4
   R, L, R (weight on) hop, L foot raised
5-6
L forward, R stamp (no weight).

Back: with basic Pravo step:
   R, L, R, L-lift (no weight)
   L back (weight on), R-lift (no wt.).

II: To C:
   R step, L step, jump tghr (both feet)
   Hop R, L foot forward (weight on),
   R stamp (no wt.).

Back: basic Pravo step (as above)