

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**" up, "**V**" down, With=**w/**

ADJE JANO (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, 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.

2nd repeat of sway"

Sway to L, to R, to L – close with R – hold. (steps = 10 cts).

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.

ADJE LEPA MARO (Serbia, easy)

Hands joined, arms raised in front

To R: Step R, L-tghr, Step 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 L, 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.

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

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).

(6)

Step L back to side (dip), + grapevine to R:

(1)	(2)	(3)
R to side,	L across-front,	R to side
(4)	(5)	(6)
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: 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.).

Reverst 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.

APOKREATIKOS (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) (& tch)

I: (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
---	---	---

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.

II Rhythm changes to Q, Q, S

Transition: Leap onto R – L leg shoots out in front (s), now pattern starts to L:

Measure I:

q	q	s
---	---	---

Side L, behind L, side L (R leg shoots out)
Grapevine (4) steps to R:

q	q	(ah slow) s
---	---	-------------

Side R, behind L, side R, Cross L
Repeat measure I to R, reversing all steps.

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

4 5 6 7 8

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 L: L - R - L - R - L - R - L - R - hop

To R: R - L - 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, 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
“Syrτος 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 RLOD 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)

DIMITROULA (Macedonia, Greece, intermed)
2-parts, slow & fast. 12 beats each part. “W”
& “V” (slow part), “V” (fast part), 2/4

1: *Slow part*: “V” to “W” (#4) on 1st tch, staying
“W” until last tch (#12), then to “V”.

To R: R(1), L(2), R(3), (“V”)
L tch (4) (no wt. & “W”)
L behind (5), Step R (6) to side.
Step L behind (7), R tch (8)
moving to RLOD w/R step (9)
L tch (10), Step L (11)
(face diag. R) R-close (12).
(no wt.) arms back to “W”.

2: *Fast part*: “V” to R (LOD)
R (1), L (2), R (3) bounce &
turn to face RLOD, moving
forward to RLOD: R, L, R (9 & 10)
Step L (11), (face diag. R)
R - close (12).

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 lft, Step L, R lft, Step R, L lft,
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
	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,
		R 1 ft in front
		(very slowly, gracefully)
Step Back:	1, 2, 3, 4, 5	
	R, L, R, L, R	

Step In: 6, 7, 8, 9, 10, 11, 12
L, R, L, R, L, R, L tch
(wt. -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, Right close-hold
- 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, I - 2x, II - 2x, I - 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

Face C: Step R back (5), Step L fwd (6),
Brush-lift R (7-8)
Repeat all of Part II.



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 frontrepeated 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 R 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 (Bugarian, intermediate)

Pan-Bulgarian. 11/16 (QQSQQ), belt or "V,
basic + variations, leader signals changes.

Basic: 1st measure to R:

Q Q S Q Q

Step R, step L, step R, bounce R, step L

2nd measure: to R

Q Q S Q Q

R L R-L Bounce, bounce

Repeat all to 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).

Variation III: L slap step, L back, turn facing RLOD – R slap step.

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: R, L, R L, R, L (qqs)

Face C: R to side, L behind, R to side, L stamp (pause)

To L: L, R, L, R, L, R, L to side, R behind, L to left, 2x R stamps

To R: repeat 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.

**HASHUAL** ("The Fox", Israel, easy)

Hands joined, closed circle

I Walk 8 steps to R: 1, 2, 3, 4, (clap on 3,4) 5, 6, 7, 8

7-step grapevine to R: R to side, L in front, R to side, L behind, R to side, L to side, R brush.

Repeat I again w/o brush

II To C w/R foot, qqs, 4x:

R,L,R L,R,L R,L,R L,R,L

Arms: alternating movement w/R in front, L behind, reverse with next step pattern

BFC: 8 steps – R,L,R,L,R,L,R,L

Arms: Clap on 1st step, then raise and circle out and down to rest at side.

Repeat pattern II.

HANDER DRO (Brittany France, easy)

Small steps starting to L; pinky-clasped with neighbors, elbows bent, arms forward to C.

To L: Step L to L side, R steps to L, Step L to L side, bounce (no wt on R)

To R: Step R, bounce (no wt on L)

Repeat from beginning. Tempo may speed up

HASSAPIKOS (Greece, intermediate)

"W", short lines or open circle, 6 counts

Face C:

1 (q) 2 (q) 3 (s) (R, L, R)

Step R, L behind, Step R

4 5 (s) (L, R, R)

L pause (at side), L steps to C

6

R tch or R scuff kick

Either slow step can be replaced with a 2-step q,q,s

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 w/
leap onto R, # 4 hold, then add 5 & 6th.

HINE MA TOV (Israel, easy)

Open circle, "V" & "W", Sequence: 1-2-1-3

1: "V" (or Egyptian hold) to R: Walk R, L, R, L
then 8 quick steps: R, L, R, L, R, L, R, L
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, 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, 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 $\frac{3}{4}$ 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 1: 2x

To C: R, L, R, L-tch

BFC: L, R-tch; To C: R, L-tch

BFC: L, 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,L R,L,R Walk L, R

L,R,L R,L,R L,R,L Walk R, L

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

Back: L, R, L, R-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 MIREȘII (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)

Walk L, R, L,R,L R,L,R

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, intermediate)

"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,R (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 RLOD:
Single = L, single step = R,
Triple: L, R, L R stamp (turn back
cw) 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, interm.)
Traditional all over Central Russia, translates
"by our gate". Couple mixer, using mostly a
"2-step", 2/4, "V", Women to right of men.

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
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/hooded elbow, 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.
3. Step R (1), Cross L (2), R, L (&3) "Ah-Choo"
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, intermed.)
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,
 then 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),
 Back: L, R, L,R,L (in erect posture).

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 so 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 &
R, L, R, sway L, R heel (look up).

Sequence:

l=8x, 2=4x, 1=4x, 2=1x

Transition: in place 1x

Sway R, sway L, tch R

**LA BASTRINQUE** (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 RI (on 8th one, turn until facing
center) hands joined again to
begin dance again

Men's verse

Mademoiselle, voulez-vous danser,
La Bastingue, La Bastingue?
Mademoiselle, voulez-vous danser
La Bastingue va commencer!

Womens Verse

Oui Monsiur, je voudrais danser,
La Bastingue, La Bastingue
Oui Monsiur, je voudrais danser
C'est por vous acompagner!

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,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 (s0

Swing R around to front to tch (s) (no wt.)

Repeat 1).

c) 4x = Step R to side (s), L behind (q)

R back (qa0, 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 (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,R,L (last step stamp & hold)

Repeat whole dance from 1).

LESI (Kosovo & Macedonia, intermediate)

7/16, 2 parts, closed circle, "W", s,qq

I: To R: Step R (s), L ft lifted behind (q,q,) repeat reverse footwork to L.

s q

Step R forward, step L forward

q s q, q

Step R back, Step L back with R lifted behind

s q, q

Step R in place, Step L in place. Repeat

s q,q s

II: Walk R, Walk L, Walk R

q,q s q,q

Swing L forward, Step L back, Swing R back.

s q q

Walk forward to R: R, L, R.

s q,q

To C: Step L with R behind raised,

Back: Step R, L raised in front (s, q,q)

s q,q s

To L: Step L, Step R behind, Step L.

q,q

In place – Step R,L.



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 step 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,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".
- 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)

Greek-American dance, "W", 2/4, basic & variations. Basic = a + b.

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, L – 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, Step L, R 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 Gyimesi 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 to LOD (R) w/dip (8)
 To R: Repeat w/opposite footwork but on
 8th ct. Step L to face C.
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

Cherkyssia 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: 2xTo 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 R side & 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 L: 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 grapevineStart 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 LIII - 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

(no wt.)

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

Step R, L stamp, (1 only)

Step L, R stamp, (1 only)

Step R, L 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 behind
Cherkassia – R to R, L across front R, 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).

SARAJEVKA (Serbia/Bosnia, easy)

"Girl from Sarajevo". Open circle, arms "V"

- I: 2x to R: Walk R, L, R 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, (s,s) 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,L,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 dif-
ferent-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 jiggle 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 DYD (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-lft

5) Step L to L side

6) R-lft

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

I. To R, 2x: Step R, L behind, Step R, L behind.

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

Scandinavian couple mixer, 4/4 done to any

lively Swedish Polka. M=men, W=Woman.

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 I, 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 = "Kalamatianos"), "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 = sta dyo), 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 (across), 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, tghr. Alternating.
Step R (s), L forward (s) tghr (q)
Step L (s) R forward (s) tghr (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 dir-
ection to other side of line: with Step R,
hop R with cw turn, Step L, R-tch (no wt) -
clap, 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
clapsed, 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,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,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) (&)

R step, L together, R step, L together,

(3) (&) (4) (& 5)

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-lft 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-rock 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 R,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 R,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, lft R (bounce)

2. To R: R leap, step L, R leap, step L,
Step R, L-lft & bounce, bounce,
Step L, R-lft & bounce, bounce.

(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, lft R (bounce)

Walk steps: R,L,R, L-lft

Moving back RLOD (but still facing LOD)

L,R (s,s) L,R,L (q,q,s = in place, shifting
wt. from foot to foot)

R foot free to start dance again.



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, 12, 123, 123)

R to R side, L cross in front, repeat 2x (qq, qq)
(arms go L, R, L, R),

R to R side, L behind, R beside L (qqs)
(arms go L)

L to L side, R behind, L beside R (qqs)
(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,L,R to R: L,R,L,R,L
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 Yighlalar
 musical phrase
Dilo Dilo Yighlalar

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.

1 2 3 4
 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, 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, R, 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
clicking) 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 MAKEDONSKA (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 L: Step L 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)