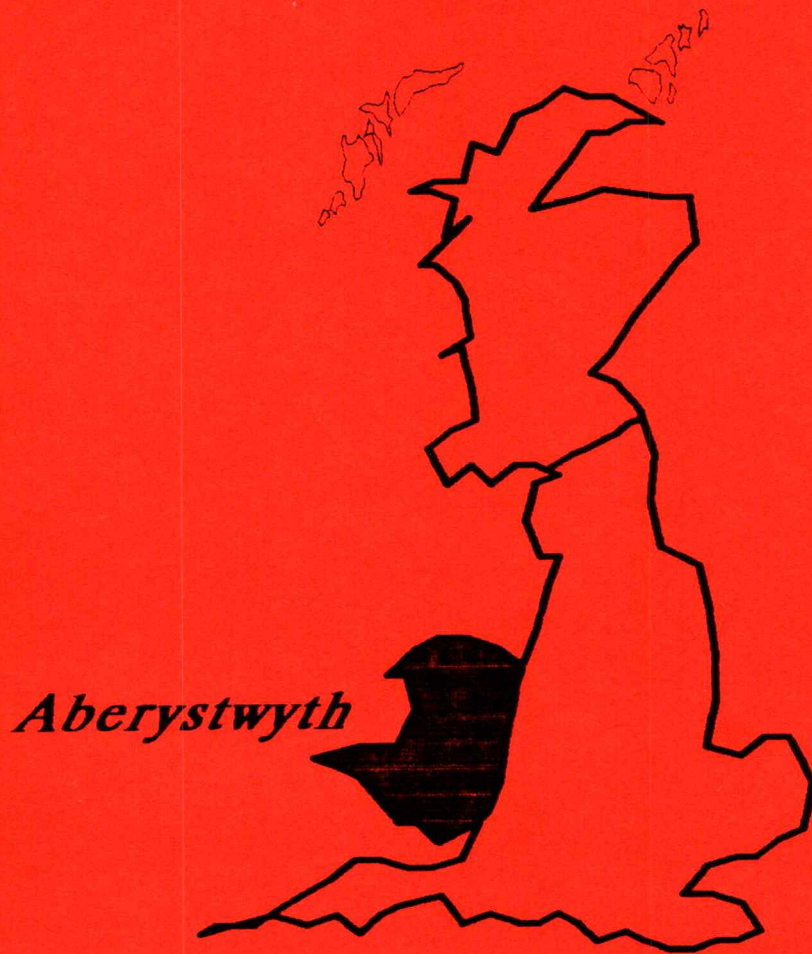


INTERNATIONAL FOLKDANCES



Summerschool 1989

presented by Karin Bellaart

Bulgaria

Sofia-suite

Greece

Mavromata

Koftos

Holland

Broeder Lazarus

Gade gij mee naar Reusel?

Madlot

Boerenplof

Pot van Cees en Tonia

Horlepiep

Israel

Atsey hatsaftsafot

Stav lavan

Shabat menucha

Bashana haba'ah

Chag li

Rachel

Roumenia

Rața

Hora de la Vîrtoape

Spain

Corridiño - Picoteado.

Tsjecho-Slowakija

Vodená - Starobabská - Pacholiček

Turkey

Bir mumdur

Yugoslavia

Taraban

Skopsko crno goraka

Ajsino oro

Ciganski orijent

SOFIA-SUITE

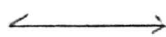




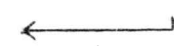

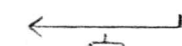

Bulgaria

Dance part I : Gjura beli belo platno; Gjura
bleeches the white linen.
part II : Ogreala mese tsjinka; The moon is
shining.
part III: Jove malaj mome; Jove, small girl.
+ Anke luko luko.
Meter part I : 5/16 noted as 1-2.
part II : 4/4
part III: 11/8 ; 7/8 (- v v v v ; - v v)
noted as 1. 2 3 4 5 ; 1. 2 3
Description Karin Bellaart






PATTERN

direction measure count

part I - open circle, V; LOD

	1	hop L - step R	arms swing back.
	2	hop R - step L	arms swing forwards.
	3	jump on R; step on L	arms swing back, forwards.
	4	jump on L; step on R	arms swing back, forwards.
	5-16	repeat 1-4 three times.	
	17-18	two hop-steps LR RL going to centre, arms back, forwards.	
	19-20	R in front of L, step back L; R side, arms back, forwards.	
		R side; L place; arms back, forwards.	
	21-22	17-18 going backwards.	
	23-24	repeat 19-20.	
	25	1	R flat foot before L; 'stretched' knee; arms W
		2.	replace L, bent knee.
	26-28	repeat 25 going to the left.	
	29	hop L-; step R.	
	30	hop R-; step L.	
	31-32	jump R; step L; jump R; step L; making full turn CCW.	
	33-40	repeat 25-32.	
	41-42	2 extra hop-steps LR LR; arms down and W.	
	43-	repeat part I two times.	

part II open circle; face centre W

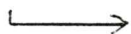
	1	1	R heel touches floor in front.
		2-4	bounce 3 times closed feet.
	2		reverse 1.
	3-4		repeat 1-2.
	5	1-2	step R; step L; to centre. }
		3-4	3-step in place. } arms down,
	6	1-4	3-step reversed direction (L-R). } swing up
		3-4	3-step in place LRL. }
	7	1-4	two 3-steps in place; facing diagonally left and front again.
	8-10		repeat 5-7 (in-out 3steps).

direction measure count

b



1 1-2 step R; stamp L without weight.
 3-4 step L; stamp R without weight.
 2-4 repeat 1 three times.
 5-10 repeat 5-10 of part a.



1 1+ step on R heel to R; cross L behind R, bent knee.
 2-3 repeat 1+ two times.
 2 reverse 1.
 3-4 repeat 1-2.
 5-10 repeat 5-10 of part a.



1 1 R heel touches floor, diagonally right, stretched knee.
 2 R toe touches floor, diagonally right.
 3 R leg swings in, bent, in front of L and
 4 swings out diagonally right again.
 two 3-steps in place LRL RLR.
 2 repeat 1-2
 3-4 repeat 5-10 of part a.
 5-10



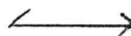
2
 3-4
 5-10



1 +1 little 'hop' on L; step R }
 2-5 hop R; step LRL }ellips diagonally
 2 repeat fourwork. }left-to side-back
 3-8 repeat 1-2 three times.



1 +1. hop on L; step on R.
 2 hop on R.
 3-5 step LRL.
 2 +1. step R to the side, facing centre.
 2-3 close L; hold.
 3 1. L side.
 2-3 R close; hold.
 4-5 R side; L close.
 4 1. R side.
 2-3 L close; hold.
 5-8 repeat 1-4 to the left.



1 +1. hop on L; step on R.
 2 R hop.
 3-5 step RLR.
 2 +1 hop on L; step on R.
 2 hop on R.
 3 step on L.
 3- repeat part c three times.

TEXT.

GJURA BELI BELO PLATNO.

Gjura beli belo platno,
Na rekutu pod werbutu,

chorus

Eh chej chej chej, ah cha cha cha } 2 x
Oh cho cho cho, i chi chi chi }
S ss s ss i chu !

Joz dol ide wakul Iwan,
Toj na Gjura progowarja,

chorus

Izperti mi mojta riza,
Izperi ja izjusji ja,

chorus

OGREALA MESE TSJINKA.

Ogreala mese tsjinka, de dungaj de, dungaj dungaj donele.
Greje greje dor se smeje, de dungaj de, dungaj dungaj donele.

Subbralisi siti momi, de dungaj de, dungaj dungaj donele.
Napravili vito chore, de dungaj de, dungaj dungaj donele.

Poigrala pogle dali, de dungaj de, dungaj dungaj donele.
Koja moma najchubava, de dungaj de, dungaj dungaj donele.

Ako moma najchubava, de dungaj de, dungaj dungaj donele.
Najchubava, najgizdava, de dungaj de, dungaj dungaj donele.

ANKE LUKO.

Anke luko luko pero, po poluka orovodi.
Jove malaj mome le le, Jove malaj mome.

Dewoiki se izmorisje, Kitkite im popadasje.
Jove malaj mome le le, Jove malaj mome.

Kitkite im popadasje, ergeni gi razgrabasje.
Jove malaj mome le le, Jove malaj mome.

MAVROMATA

Greece

Dance North-east Thracia.
 Meter 2/4
 Introduction dance may start whenever you like.
 Formation linedance; cross-hold, at the back L over R arm.
 Dance order A
 a
 Description Karin Bellaart.

PATTERN

direction	measure	count	a
A ←→	1	1	step R forwards.
		2	step L forwards.
	2	1	step R.
□		2-and	L toe behind R knee; bending twice R knee slightly.
	3		reverse 2.
	4	1	step R to side.
		2	bend and up on R, L toe behind R knee; bounce.
		and	cross L back.
←→	5	1	step R side.
		and	cross L over.
		2	step R side.
		and	cross L over.

TEXT

Arjiá kè pujia na vrethi
 mavromata kè xanthi ?

Where can she be found
 the dark-eyed and blond ?

Egò tin vrika vre pedjá } 2 x
 edò kodá stin jitonja. }

Boys, I found her
 not far from here.

Kiapò to paráthiro mu
 lè mè logija triferá.

And from my window
 we say sweet words.

Perno kè kana filaki } 2 x
 káppu kappu petachtá. }

And I take a kiss
 once in a while between.

Tis mannulas mu to ippa
 Tha tin párro dichos prika.

I told my mother
 I'll take her without a dowry.

Ti tá thello ta gorafiá } 2 x
 bròs tá diótis mávramatiá } ?

What do I do with land
 compared with her dark eyes ?

KOFTOS

Greece

Dance Epirus
 Meter 2/4
 Introduction 8 bars
 Formation linedance or circledance; hands loined at shoulderlevel (W), facing LOD.
 Dance order A
 a
 Description Karin Bellaart.

PATTERN

direction measure count

			a
A	↔	1	1 hop on L on the spot.
			& step with R to the side.
		2	2 step with L crossing backwards, going LOD.
			& step with R to the side.
		2	1 hop on R.
			& step with L crossing over R (LOD).
		2	2 step R to L.
			& step with L crossing over R.
		3-6	repeat 1-2.
		7	1 hop on L.
			& step with R to the side.
		2	2 step with L crossing backwards.
			& jump on two feet(open); arms go down.
	□	8	1 jump on two feet(close); arms go up.
			2 rest.

BROEDER LAZARUS

Holland

Dance Originally from the east of Holland, Twente and the Achterhoek, also known in Germany as Müllerschottisch. The new form is described here.

Meter 4/4

Formation Couples in double circle, shoulder-waist-position, man facing out.


Dance order A A B B
a a b b

Description after Sanson-Catz. Translation K. Bellaart.

PATTERN

direction measure count

a

A  1-2

2 polkasteps in LOD, starting outside feet.

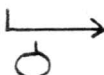
 3

2 stamps, starting outside feet. Bodies slightly bent fwd.


4
5-8

stamp with outside feet. Hold.
repeat 1-4

b Butterfly-position

B  9-10
11-12

4 slipsteps in LOD (outside feet).
make in 4 steps full turn in place, man to the left, woman to the right, holding hands.

 13-14

MAN: 3 stamps in place, holding L. arm up.
WOMAN: quick pivotswing under the arm of the man, ending with weight on R.

 15-20

reverse part b RLOD.

GADE GIJ MEE NAAR REUSEL

Holland

Dance Elly Olderaan. Reusel is a city in Brabant.
 Meter 6/8
 Introduction 4 bars
 Formation circle of couples facing LOD, hands crossed in front.
 Dance order A B
 a b
 Description Elly Olderaan, translation Karin Bellaart.


PATTERN

direction measure count

a

A \longleftrightarrow 1-4 8 walking steps in LOD, start outside feet.
 \longleftarrow 4-8 8 walking steps bkwd, stil facing LOD.

b

B  9-10 Woman: step R-L-R-touch L, making 3/4 turn under R. arm man, ending to face him, in an arch with L hands high, R hands low.
 Man: step L-R-L-touch L turning 1/4 left. Keep hands joined.
 11-12 Woman: step L-R-L-touch R with full turn left to reversed arch.
 Man: step R-L-R-touch L (slightly in RLOD)
 13 1 Jump on both feet; hands come down, still joined.
 2 Hop on R, L heel touches the floor outwards.
 14 1-2 Jump on both feet; hop on L, R heel out.
 15 1 Jump on both feet in place.
 2 Jump on both feet facing LOD
 16 1 bump bottoms
 2 hips to the outside
 \longleftrightarrow 17-24 Polka around in closed position.

TEXT

En gade gij mee naar Reusel, recht al over de hei, hei, hei.
 En gade gij mee naar Reusel, recht al over de hei ?
 En meisjes keer je 'ns om, en nog eens wederom.
 En m'n linkse been en m'n rechtse been
 en we zetten de gatjes tegeneen.
 Pak ze in oewem errem, draait er mee in't rond, in't rond.
 Pak ze in oewen errem, draait er mee in't rond.

Are you going with us to Reusel, straight across the moor ?
 And girls turn around, and once more turn.
 And my left leg and my right leg
 and we put our bottoms together.
 Take her in your arms and turn with her around.

MADLOT

Holland

Dance Developed from a contradance in 6/8 described by Raoul le Feuillet, dancemaster of Louis XIV. He called the dance "La Matelote". Round 1800 the dance came to Holland as Madlot. This description goes back to what Thompson in 1778 noted down to the melody of 'The Bishop'. We choose this description because The Bishop was closely related to a melody known in Holland as Madlot. Thompsons dance also resembles the Matelote from Feuillet, although the british version became less artificial. But it is not sure that the Madlot has been danced in Holland as Thompson described.

Meter 6/8

Introduction 4 measures

Formation 3 couple sets, proper.

Dance order A A B B
a a b b

Description After Marita Verberk-Kruyswijk.
Translation Karin Bellaart.

PATTERN

direction measure count

a

A 1-4 Man 1 cast off to second place, (man 2 moves forward to 1st position), walking 8 steps.

5-8 He joins two hands with the third lady and skips once around.

A :1-8 First lady repeats action with third man.

b

B 9-16 First couple goes up the middle and casts off to the last position (skipping).

B :9-16 Form a circle of six and slip around to the left, once or twice around.

The dance has to be repeated twice in order to give each couple a turn.

Dance *Elly Olderaan.*
 Meter *4/4*
 Introduction *4 bars*
 Formation *Single circle of men in the centre, hands on shoulders. Women behind their partners, hands at waist.*
 Dance order *A A B B*
 Description *aa aa b c*
Elly Olderaan. Adaptation Karin Bellaart.

PATTERN

direction	measure	count	a
A ←	1	1-2	Step L to left, cross R behind.
		3-4	Repeat.
□	2	1	Step on L, R.sways out to the side.
		2	Hop on L, bring R.leg in.
		3-4	Reverse 2, 1-2.
	3	1-2	Jump on L, stretch R leg out fwd; hop on L.
		3-4	Step on R, stretch L leg out fwd; hop on R.
	4	1-2	Jump on L, stretch R.leg ot fwd; jump on R, stretch L.leg out fwd.
		3-4	Jump on both feet (close).
←	5-8		repeat 1-4
←	9-16		Repeat a

Women must try and keep behind their partners.

B			b MAN: drop hands, put them on the back.
←	17	1-2	Step L to left side, cross R behind,
		3-4	step L to left side, hop on L.
→	18		Reverse 17.
←	19		Repeat 17.
⊙	20	1-4	R-L-R- hop R towards partner (1/2 turn right).
			WOMAN:
→	17	1-2	Step R to right side, cross L behind,
		3-4	step R to right side, hop on R.
←	18		Reverse 17
	19-20		Repeat 17-18.
	21-24		TOGETHER In shoulder-waist-position slow polka round in LOD (1-2-3-hop).
B			c Holding two hands.
→	25		Step,cross behind,step,hop in LOD
	26		Reverse, while woman makes full turn left under mans R.arm.
	27-28		Repeat 25-26.
	29-31		Slow polka in LOD (1-2-3-hop),ending man facing in,woman facing out.
	32		He takes 3 steps RLR back into the centre to starting position. She makes 4 steps LRLR with 1/2 turn right.

POT VAN CEES EN TONIA

Holland

Dance

Made by Elsche Korf

Meter

3/4

Music

Valse inconnu - STOOF MU 7440

Introduction

Formation

circle of couples facing LOD- inside hands joined. Women outside hand at waist, men at their backs. Start outside feet.

Dance order

A A B B

Description

a a b b

Karin Bellaart

PATTERN

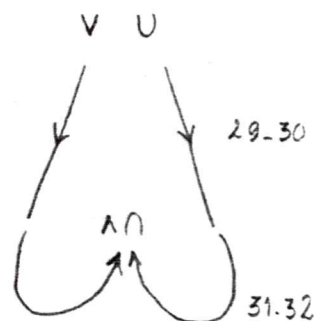
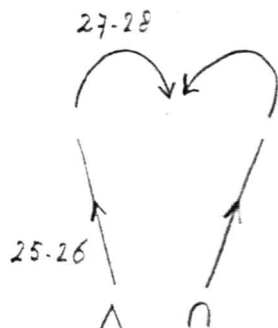
direction measure count

a

A	↑	1-2	1-6	Slow waltzstep in LOD: 1-2 step R fwd; 3 close L; 1 step R fwd; 2-3 rest. (lady)
	↓	3-4		slow waltzstep bkw.
		5-6		slow waltzstep to the side: side-close-side. Men move diagonally fwd, ladies diagonally bwd to meet new partner.
		7-8		with slow waltzstep move to partner.
	→	9		In ballroomhold step sideways in LOD.
		10	1-3	waltzstep across: cross-side-cross
		11	1-2	step sideways in LOD
			3	close
		12		repeat 11
		13-16		waltz around in LOD, ending side by side to
		1-16		repeat part a all over again.

b

B	→	17	1-2	Keep ballroomhold, step sideways in LOD
			3	bounce or little hop
		18	1-3	waltzstep across: cross-side-cross
		19-20		2 waltzsteps to change places: woman under the left arm of the man (release r. arm)
		21-24		repeat to original position
		25-26		slow waltzstep away from each other in LOD
		27-28		two waltzsteps to meet again, facing RLOD and touch inner hands for a second.
		29-32		reverse this hartshaped-pattern RLOD, ending in ballroomhold with partner in order to
		17-32		repeat part b. Ending in starting position a.



HORLEPIEP


Holland

Dance *Fishermansdance.*
 Music *Nevofoon 12; Unidisc EX 33-231; Tanz EP 58-612.*
 Meter *4/4*
 Introduction *4 bars*
 Formation *Square of 4 couples or 8 men.*
 Dance order *AB AB AB AB AB*
 a b cd e f
 Description *After Femke van Doorn. Adaptation Karin Bellaart.*




PATTERN

direction measure count

Horlepiep-step

	1	1-2	R to right with slight stamp; cross L behind
		3-4	R to right; L to left with slight stamp;
	2	1	R behind L; jump while L makes a little
		2	circle so that on coming down
		3	L is behind R, weight on both feet.
		4	shift weight to L and make a small upward movement as a preparation for the next horlepiep-step.

Schottisch-step with swing.

	1	1	swing L from the hip in an arc and step in
		2-4	LOD; two steps in LOD RL; hop on L, 1/4
			turn left.
	2	1-3	R to the right ; close L; R to the right;
		4	hop on R with 1/4 turn right
	3		as 1
	4		3 stamps in place; hold.


a Circle, shoulderhold.

A	1-8	4 Horlepiep-steps on the spot.
B	9-11	3 schottish-steps to the right (L)
	12	3 stamps in place.
	13-15	3 schottish-steps to the left, start L.
	16	3 stamps in place.

b Partners facing

A	1-8	4 Horlepiep-steps on the spot.
B	9-11	3 schottish-steps 1/2 circle around partner
	12	3 stamps in place (position of the partner
	13-16	continue to own place with 3 sch.steps + stamps.

c Half turns

A		1-2	Horlepiep-step, half turn left with the jump
		3-4	Repeat facing corner, turning to partner.
		5-8	repeat 1-4

d Through the arches

B	1-4	Side couples make arches with inside hands; head couples dance through with opposite and back to own place with 3 schottish + stamps.
---	-----	---

direction measure count

5-8

Side couples do the same through the arches of the head couples.

e LINES. Heads make a line with couples on their left, T-hold.

A
B

1-8
9-11

4 horlepiep-steps in those two lines. keeping hands on partners shoulders cross over with opposite couple, men passing l. shoulder with 3 sch.steps.

12
13-15
16

3 stamps in line on the other side. 3 sch.steps crossing back again with the 3 stamps ladies should end in small inner circle. Men keep hold of the left shoulder of their partner with r.hand, putting l.hand on r.shoulder of their corner.

f Double circle

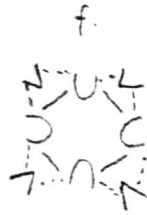
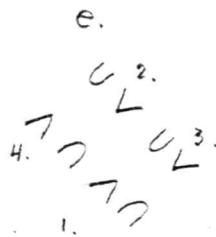
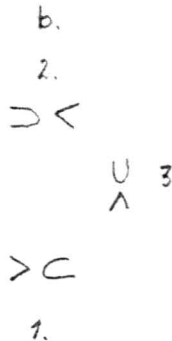
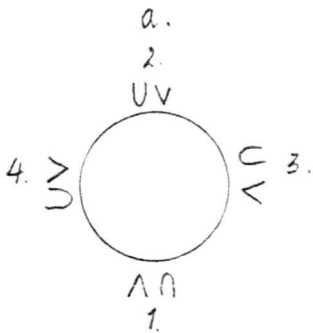
A
B

1-8
9-15

4 horlepiep-steps in this position. making one big circle again do as in a 9-15

16 1-2
3-4

2 stamps on place RL stamp with r, lifting L. up straight fwd.; hold.



ATSEY HATSAFTSAFOT

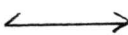




Israel

Meter *4/4*
 Formation *couples, semi closed position, facing LOD; outside foot starts.*
 Dance order *A B*
a b
 Description *Karin Bellaart*

PATTERN

direction measure count

a

A		1	1-4	walk 4 steps in LOD.
		2	1-4	two full turns CW, with 4 steps, going in LOD.
		3	1-4	walk 4 steps in LOD.
		4	1-4	rock forwards and backwards twice.
		5-8		repeat 1-4.
		9	1-3	turn away from eachother, 1/1 turn in 3 steps.
			4	hold an clap.
		10		reverse action to face partners, men looking outside, women facing in.
		11	1-2	step aside LOD; step aside RLOD.
			3-4	make 1/1 turn inwards with 2 steps (man R, woman L) moving RLOD.
		12	1-4	repeat 11; end in starting position.

B

b

1-4	repeat 1-4 of part a.
5-6	repeat 9-10 of part a.
7-10	repeat a-11 four times.
11-	keep repeating a-11 until music ends.

STAV LAVAN






Israel

Dance Shlomo Maman
 Music Shai Levi
 Meter 3/4 waltz
 Introduction 8 bars
 Formation double circle of couples, man in centre woman to his right, facing LOD, inside hands held.
 Dance order A A B B
 a a b b


PATTERN

direction measure count steps noted for men; women do opposite.
 (unless noted otherwise).
 notation describes one bar at the time.

a

A	↑ ↑	1	step L forwards; brush R forwards, step R forwards.
		2	step L forwards; brush R forwards while turning to face partners, large step to R, knee bent.
		3	left crosses in front of right; R to R turning to L (hold hands and face LOD) close L to R.
	4		large step R forwards, knee bent, lifting arms; L in place (behind); close R to L.
		5	release hands;
	6		men : waltz step L forwards LOD. women : waltz step R backwards.
	7		men : waltz step R backwards. women : waltz step L forwards (end a bit ahead of men).
		7	men : large step, left crosses in front of right; large R to R (man passes behind woman going onwards outside of circle); L to L. women : opposite footwork, traveling towards centre, crossing in front of man;
		8	couple changed places.
	9-16		repeat 7; reverse footwork and directions, returning to original positions. repeat 1-8

b

B	↑ ↓	1	release hands; men : waltz step L forwards. women : waltz step R backwards.
		2	men : waltz step R to R, women : waltz step L to L couples separating.
	↓ ↑	3	men : waltz step L backwards. women : waltz step R forwards. couple ends man in outside circle, woman in inside circle; take inside hands, face CCW.

direction measure count



4

men : balance R L; right crossen in front
of left, passing behind woman; hands
are lifted as woman passes to mans
R; man places R-hand on womans waist
on R side.

5

repeat 4, each returning to original
position.

6

repeat 4, mans hands wrapped around woman;
mans R-hand holds womans L at her waist;
mans L-hand holds womans R in front;



7-8

in this position, couple turns together CW,
2 waltz steps (man L; woman R).

9-16

repeat 1-8.











SHABAT MENUCHA

Israel

Dance	Israel Shike.
Music	Itamar Medin
Meter	4/4
Introduction	one time C-melody
Formation	Circle facing CCW
Dance order	<u>A B C C</u> a b c c

PATTERN

direction measure count





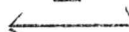
			a	
A		1		Yemenite R
		2		Yemenite L with 1/2 turn right on the last step. (End facing outside) .
		3-4		Repeat 1-2. End facing in.
		5-6		2 two-steps to centre, R.L.
		7-8		4 steps bwd, start R, bend knees and snap fingers.
A		9-16		repeat 1-8
		17		full turn to the right with 2 steps RL.
			b	
B		18-21		4 Yemenite steps in place, startm R
		22	1-2	Close R to L with bent knees and 1/2 turn to the left.
			3-4	turn back 1/4 to the centre, both knees are pivot.
		23-26		as a 5-8
		27-30		as b 19-22 (4 yemenite steps).
		31		full turn right with two steps.
		32		as 23.
		33-36		as a 5-8
			c	
C		37		R step to right, cross L, snapping in front of body.
		38		Full turn to the right with 2 steps, R.L.
		39-40		Repeat 37-38.
		41		Sway R, sway L hold hands).
		42		Yemenite R.
		43-44		Reverse 41-42.
C		45-52		Repeat 37-52.

BASHANA HABA 'AH

Israel

Dance *Greeting and wish from Jews in the hope they celebrate Pesach in Jerusalem next year.*
 Meter *4/4*
 Introduction *2 bars.*
 Formation *couples, free formation, man right of woman.*
 Dance order *A A B B*
a a b b
 Description *Karin Bellaart*

PATTERN

direction	measure	count	
			a
A		1	1-2 jump on 2 feet to the right; cross L over.
			3-4 repeat.
		2	1-2 2 running steps turning CW; man 3/4, woman 1 1/4.
		3-4	3-4 jump on two feet together; jump on L. 8 running steps, turning as a couple, R-arm around partners waist, L lifted high; end in starting positions.
		5-8	repeat 1-4.
			b
B		1	1-4 4 running steps to the left, woman leading the way (RLRL).
		2	1-4 cross R; hop R; cross L; hop L;
		3	1-4 repeat b-1.
		4	1-4 release hands, woman as measure. 2 man : jump on R; step on L in direction of woman (RLOD) and kneel on R-knee (keeping weight on L); clap twice.
		5-8	repeat b 1-4, going RLOD (wherever you want to go).

CHAG LI

Israel

Dance *Dani Dassa.12/82.*
 Meter *4/4*
 Introduction *4 bars*
 Formation *circle, facing centre.*
 Dance order *A A B C C*
 a a b c d
 Description *David Dassa / adaptation Karin Bellaart.*

PATTERN

direction	measure	count	
			a
A	1	1-2	Jump with feet apart to R side; hold,
		3-4	Step L across R; hold.
	2		repeat 1
	3	1-2	Step R to right, step L to left.
		3-4	Touch R across L(heel); step onto R.
	4		Yemenite L
	5		Full turn to R with 2 slow steps.
	6		as 3
	7	1-2	Step L to left side.
		3-4	Touch R across L (heel); step onto R.
	8	1-2	Wide step L to left side; hold;
		3-4	close R to left; hold.
A	9-16		Repeat 1-8.
			b
B	17	1-4	Two slow steps to the centre.
	18	1-2	Jump fwd with feet apart, knees bent. (R in front of L.)
		3-4	Bounce twice, upright.
	19	1-2	Jump fwd with feet apart; hold;
		3-4	Slide back on R, kicking L foot bwd.
	20	1-2	Swing L foot fwd, lifting knee, shifting hips fwd.
		3-4	Step bwd. on L.
	21		Two slow steps bwd. R.L.
	22	1-2	Jump bwd with feet apart, knees bent, L. in front of R.
		3-4	Bounce twice, upright.
	23	1-2	Jump bwd with feet apart, knees bent, L in front of R.
		3-4	Lift L knee fwd.
	24		Yemenite L or : Step L to left, step R to right, touch L heel in front of R; step onto L. foot. End facing CCW.
			c
C	25	1-2	Touch R heel fwd; jump fwd onto R
		3-4	reverse
	26	1-2	as 25 1-2
		3-4	Stamp L foot fwd, keeping weight on R.
	27	1-2	Step L bwd; step R fwd
		3-4	Stamp L foot fwd, keeping weight on R.
	28	1-2	Step L bwd; step R fwd.
		3-4	Touch L heel fwd; jump onto L.
	29-32		Repeat 25-28

direction measure count

d

C	33	1-2	Step R fwd with clap; hold;
		3-4	Step L fwd with clap; hold.
	34	1-4	Yemenite R with full turn to the left on the last step.
	35	1-4	Yemenite L.
	36		Repeat 33
	37-40		Repeat 33-36.

RACHEL




Israel

Dance *Dani Dassa; Rachel is a girls name.*
 Meter *4/4*
 Introduction *4 bars.*
 Formation *couples facing, mens back to center*
 Dance order A B
 a b

PATTERN






direction measure count

a
 (mens steps noted; women do opposite)

A		1	1-3	yemenite step right. 4 step L back.
		2	1-2	2-step turn to R (RLR), ending CCW. 3 step R back. 4 step L forwards.
		3	1	step R forwards. 2 jump L forwards. 3 step R forwards (knee slightly bent). 4 shift weight back on L.
		4	1-2	step R to R; facing partner, step L forwards, crossing hands in front, and snap once. 3-4 shift weight back on R; step on L forwards.
		5	1	changing places, step R forwards with snap. 2 step L forwards. 3-4 step R forwards with snap, making 1/4 turn to L and hold.
		6	1-4	making 1/4 turn to L, pivoting on R; yemenite step L (LRL) joining both hands, facing partner in opposite place.
		7 -12		repeat 1-6, ending in starting positions.
		13-15		repeat 1-3.
		16	1-2	jump R to R; step L forwards, facing partner, crossing hands in front, and snap once. 3-4 step R back; step L forwards.
		17	1-4	close R to L, making 1/4 turn L, facing CCW, holding partners L hand forwards, R hand behind womens R shoulder, and hold.

b

facing CCW, steps same for both unless noted otherwise.

B		18	1-3	step forwards RLR. 4 step L back, releasing R hands.
		19	1	step R making 1/2 turn R. 2-3 step L forwards; step R back. 4 step L to L, making 1/2 turn L (back to starting position part b).
		20		step forwards RLR and hold.
		21		yemenite step L and hold.
		22		hands joined; men : in place step RLR; women : step LRL, making 1/2 turn R going under L-hand arch and hold.

- RACHEL continued -

23 step LRL (men back, women forwards) moving
together and hold.

24-25 hands joined, lifting L-arms up, circling to
L, make a full turn, men in place, women
going forwards, taking 8 steps, starting R.
repeat 18-21 of part b.

26-29

30 1-2 transition : pivoting on R, women take 3/4
turn to R; men take 2 steps back R L.

3-4 men : yemenite step R.
women : yemenite step L.


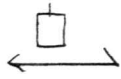

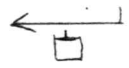
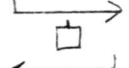
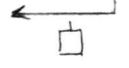
31 men : yemenite step L.
women : yemenite step R.

RATA

Roumenia

Dance South-Roumenia
 Meter 4/4
 Introduction 2 phrases
 Formation mixed circledance, hands joined low.
 Dance order A A B B
 a a b b
 Description Karin Bellaart

PATTERN

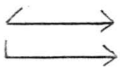
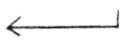



direction	measure	count	a
A		1	1-2 step with R to right; cross L back to right.
		2	3-4 step with R to right; hop on R (facing LOD).
		3-4	1-2 cross L over R; step with R to right.
		5	3-4 cross L over R; hop on L.
		6	repeat 1-2.
		7-8	repeat 1.
		9-16	1 rest.
A			2-4 two stamps w.w. with L; rest (cycle back).
			reverse 5-6.
			repeat a.
			b facing center
B		17	1-3 step with R to right; cross L back; R to right.
		18	4 little hop on R.
		19	reverse b-17.
		20	1-3;4 three stamps w.w. with R; rest.
		21	repeat b-17.
		22	1-3;4 three stamps w.w. with L; rest.
		23	repeat b-18.
		24	1-2 two stamps w.w. R
		25-32	3-4 stamp with weight on the spot R; rest.
B			reverse b-23.
			repeat b.

HORA DE LA VIRTUOAPE

Roumenia

Dance Muntenia.
 Meter 2/4
 Introduction 2 phrases.
 Formation Circle, hands W.
 Dance order A B C
 a b c
 Description Marius Korpel, transl. Karin Bellaart

PATTERN

direction		measure	count	basic steps.
single		1	1	step with R to the right } arms swing back,
rustemul			&	cross L over }
			2	step back on R. } arms swing fwd.
double		1		like single rustemul, put weight on L.
rustemul		2		like single rustemul.
a				
A		1	1-2	2 steps RL LOD; arms go to V and back to W.
		2	1	step R to the right; cross L heel over with weight.
			2	step back on R.
		3	1	step L to the left; close R.
			2	step L to the left.
		4		2 stamps with R.
		5-16		repeat 1-4 three times.
b, moving slightly to the right.				
B		17	1&	hop on L, step on R; arms go down.
			2	step on L; arms come up to W.
		18		2 stamps with R.
		19-24		repeat 17-18 three times.
c Rustemul				
C		25	1	single rustemul R.
		26-28		3 single rustemuls L-R-L.
		29-30		double rustemul R.
		31-32		double rustemul L.

CORRIDIÑO / PICOTEADO

Spain

Dance	Extremadura
Meter	Corridiño: 4/4. Picoteado: 3/4.
Introduction	Picoteado: 2 bars
Formation	Corridiño: circle of couples, facing in, woman on the right. Picoteado: lines of couples (two longway-sets)
Dance order	Corridiño: <u>A B C D B C</u> a b c d b'e Picoteado: <u>A B C A B C A B C A</u> a b c b'd c a d c b
Description	Karin Bellaart

PATTERN

direction	measure	count	Corridiño
Basic-step		1 2 3-4	jump on L, lift R-knee in front. hop on L. reverse 1-2.
A	↔	1-6 7-8 9-10 11	a 12 basic steps forwards, starting L. face partners; do-si-do in 4 basic steps see-saw in 4 basic steps. 2 basic steps to face in.
B	↑ ↓	1 2 3-4 5-8	b 2 basic steps into the centre. close L to R; clap hands clap hands once; hold. reverse b 1-2. repeat b 1-4.
C		1-8	c chain : 2 basic steps for every hand, starting R; end with person no. 8 (L-hand).
D		1-16	d basic step around with L-hand joined up and back with the same partner, R-hand up.
B		1-2 3-4 5-8	b' repeat part b, but men and women go in on turn: women go in; men do basic steps on place. women go back, men go in repeat b' 1-4.
C		1-8	e men make a R-shoulder star, taking the women along, doing basic steps. Circle splits into two lines.

- CORRIDAÑO/PICOTEADO continued -

direction	measure	count	Picoteado
			a
A	1	1	touch R-toe backwards.
		2	touch R-heel forwards.
		3	touch R-toe in front of L.
	2	1	touch R-toe crossed over.
		2	touch R-heel forwards.
		3	touch R-toe next to L.
	3	1	touch R-toe backwards.
		2	jump on R.
	3,3-13		reverse 1-3 repeated.
	14	1	jump on R.
		2	touch L-toe backwards.
		3	touch L-heel in front
	15	1	close L to R.
		2-3	hold.
			b
B	1		crossing steps :
		1	cross R over.
		2	replace L.
		3	step on R.
	2		reverse b-1.
	3-7		repeat b 1-2.
	8		close L and hold.
			c
C	1-4		R-arming, running steps.
	5-8		L-arming, running steps.
	+		close and step in line again.
			b'
A	1		crossing step with a turn :
		1	the crossing step is done with 1/4 turn (step R cross)
		2	and turn to the left; step L back, facing in again
		3	and step R in place.
	2-		reverse and keep repeating.
			d
B	1	1-2	step on R, bringing L-leg up in front.
		3	hop on R.
	2		reverse d-1.
	3-7		keep repeating 1-2
	8		close L to R.
			c
C	1-8		repeat arming part.
			a
A	1-15		repeat part a (heel and toe).
			d
B	1-8		repeat part d: 2 h.h step hop
			c
C	1-8		repeat arming part.
			b

VODENÁ-STAROBABSKÁ-PACHOLÍČEK Slowakija

Dance Myjava, western Slowakija.
Vodena : Lead around.
Starobabska : Old mens dance.
Pacholicek : Little boy.

Meter 2/4
 Introduction none

Dance order Vodena : A A A A A
a b b b b
Starobabska: A A
c d
Pacholicek : B B
ef gh

Description Saskia Andriessen, adaption Karin Bellaart.

PATTERN

direction measure count

Vodena

Ballroomhold, semi-closed position.

basic step 1	1	step on L heel.
↑	2	bend L leg, putting whole weight on.
		reverse 1.

A	1-10	5 basic steps.	a
---	------	----------------	---

A	↑	11-13	3 basic-steps (LRL) to first corner	b
	□	14-15	3 stamps (RLR).	
	↓	16-18	3 steps backwards.	
	□	19-20	3 stamps in place, turning 3/4 CW, bending (man going fwd, woman going bwd); hold.	
AAA		21-50	repeat part b to the next 3 corners.	

Starobabska


butterfly-position; steps of man described, women opposite footwork.

A	↖	1-2	side-close-side to R, arms going along.	c
	□	3	cross L heel over, R arm up.	
		4-6	reverse 1-3.	
		7-9	repeat 1-3.	
	⊙	10	drop hands; woman makes 1/2 turn R (RL) ending with her back to her partner; man walks to partner: step L, close R, without weight; partners join hands again.	

A	↖	1-2	side-close-side to the right.	d
	□	3	touch L heel to the side; woman turns left to face partner; R arms lifted to arch.	
		4-6	reverse 1-3.	
		7-9	repeat 1-3.	
		10	from the arch-position woman makes 1/2 turn L to face partner (L- close R); hands change to 2 h.h.	


direction measure count

Pacholicek

B  1 lift R knee, upperleg horizontal: hop twice on L; sway R underleg to the left and right. repeat 1 twice.
2-3
4 jump on two feet together (close).
5-8 reverse 1-4.

9 1 hop on L, R underleg sways bwd.
2 hop on L, R leg stretches out fwd.
10 jump on two feet apart (R foot front), bent knees, upperbody straight; hold.
11-12 reverse 9-10.
13 lift R knee, upperleg horizontal; hop twice on L; sway R underleg to the left and right.
14 repeat 13, leg sways behind.
15 repeat 13, crossing fwd.
16 jump on both feet, closed.
17-24 reverse 9-16.

B 1-4 repeat 1-b 13-16 (crossiing fwd and bwd, moving to R).
5-8 and back to L (1-b 17-24).

 9 hop on L, R underleg sways bwd; hop on L, R underleg stretches fwd, with 1/4 turn L.
10 jump on two feet apart (R foot in front), bent knees and upperbody straight.
11-12 reverse 9-10.
13 jump on two feet, facing partner (1/4 turn L), R foot fwd (so you changed feet).
14 bounce once.
15 change feet twice (L fwd, R fwd).
16 and jump on two feet together (closed).
17-24 reverse 9-16.

BIR MUMDUR

Turkey

Dance *Titel: there is one candle. Dance has been introduced by Bora Ozkok, who learned it from his mother and she from her father. The dance has been adapted to this music from South-East-Turkey.*

Meter 2/4

Introduction 4 bars

Formation Short lines, close together, R. shoulder behind L. shoulder right neighbour. Fingers mingled. Hands hidden behind hips.

Dance order Dance 2x, intermezzo, dance 4x, intermezzo.

PATTERN

direction	measure	count	Dance
→	1	1	Step with R to right side
		2	Cross L over R. (stretched knee).
	2-4		repeat 1 3x.
□	5	1	Step with R in place.
		2	shift fwd on R, L lifted fwd high, bent bwd.
↑	6	1	Step with L fwd, upright.
		2	Step with R. in place, lift L with toes down, bent bwd a little.
	7		as 6
□	8	1	Step on L in place.
		2	Cycle R bwd.
↓	9	1	step bwd with R.
		2	Fall on L, R stretched out in front, low.
	10		as 9
	11	1	Step with R in place.
		2	Cycle L bwd
	12	1	Stamp with L without weight fwd.
		2	Stamp with L with weight next to R.
			Intermezzo
	1-8		repeat 1 8x

TEXT

Çay içinde bükmetaş- gönlüm honi gözüm yaş.
Aklimi baştan aldın orta boylu kalem kaş.

Bir mumdur, iki mumdur, üç mumdur, dört mumdur, on dört mumdur.
Bana bir bade doldur, bu ne güzel bir gündür. Halimem, Halimem,
Halimem.

Bu küşe uzun küşe- küşeye serdim keçe-
Hak yoluna üç kurban- yar gele burdan geçe.

Round rocks in the stream, my heart is big, tears in my eyes.
You have taken my mind away from me, medium height girl with made-up eyes.

One candle, its two candles, three candles, four candles, its fourteen candles.
Let's fill up the glasses again, such a beautiful day today-
my Halime, my Halime, my Halime.






This corner has a good view so I put my felt on the floor.
For the sake of God I promise three sacrifices that she passes by.

TARABAN

Yugoslavia

Dance Croatia
 Meter 2/4
 Introduction one time melody.
 Formation circle of couples, man left; man holds hands at the back of the woman; woman places hands on nearby-shoulder of two men.
 Dance order A
 a
 Description Karin Bellaart.

PATTERN

direction	measure	count	a
A 	1	1+2+	L side - close R; L side - close R without weight.
	2		reverse 1.
	3		repeat 1.
	4		R side - close L; R side - close L with weight.
	5	1-2	step R diagonally to the left; L back diagonally left.
	6		repeat 5.
	7	1+2+	pivotstep R foot in, L out } circle moves CW
	8	1+	
			R steps in; little hop on R possible.

SKOPSKO CRNO GORKA


Yugoslavia

Dance *The black(crno) mountains (gorka) of Skopje, capital of Yugoslavian Macedonia.*
 Meter *2/4; phrases of 3 measures.*
 Introduction *none*
 Formation *Linedance. Hands down, joined in a line.*
 Dance order *Dancer on top indicates the sequence of the variations. Each part is done until he tells otherwise. On the slow music variations 1-4, if the music speeds up the other variations are done as well.*
 Description *Karin Bellaart*

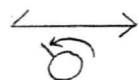
PATTERN

direction measure count




Variation 1: basis

	1	1-2	walk LOD R L
	2	1-2	walk LOD R L
	3	1&2	3-step slightly forward RLR
	4-6		reverse 1-3

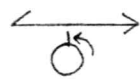
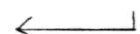

Variation 2: turn on 4

	1-2		as in variation 1
	3		3-step, turning 1/2 turn to proceed into the other direction.



Variation 3: turn on 2

	1	1-2	walk two steps in forward direction
	2	1-2	make 1/2 turn to face other direction and walk two steps bkwd.
	3	1&2	3-step in place

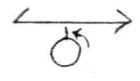

Variation 4: old variation

	1-2		walk four steps LOD RLRL
	3	1-2	R to the side with 1/4 turn left, swing L up before R, knee bent.
	4	1-2	L side, R cross over.
	5	1-2	L side, cross L back
	6	1&2	3-step in place LRL turning to LOD.

Variation 5: 3-steps.

	1	1&2	3-step in LOD RLR
	2	1&2	3-step in LOD LRL
	3	1	R to the side facing centre (1/4 turn left),
		2	hop on R, L swings up, bent knee.
	4-6		as in variation 4

Variation 6: quick hop

	1-2		Two 3-steps in LOD RLR LRL
	3	1	jump on two feet facing centre (1/4 turn left); hop on R (swing L up, bent.)
	4	1&2	Hop-step-step RLR
	5		as measure 4.
	6		3-step in place turning to LOD LRL.

direction measure count

Variation 7: double quick; Face center.







└───→	1	&1	step on R ball to right,;cross L over.
		&2	step on R ball to right; cross L back.
	2		repeat 7-1
	3-6		repeat variation 6 counts 3-6.

AJSINO ORO

Yugoslavia

Dance Dance for women from the Albanian part (Kosovo).
 Music recorded on Ciga en Ivon Despotovic Vol.3
 Meter 4/4
 Introduction Intro plus two bars.
 Formation Linedance, arms V; facing LOD.
 Dance order a b a b c a b a b c a(quick) b
 Description Joop C.Smittenberg. Transl. Karin Bellaart.

PATTERN

direction	measure	count	a
	1	1-2	lift R with bent knee; step on R fwd.
		3-4	reverse
	2	1-2	as 1,1-2
		3	touch L in front of R;
		4	lift and touch L left in front
	3	1-2	lift L bent; step back with L.
		3-4	touch R in front of L; touch R, right in front.
	4	1-4	reverse measure 3.
	5-8		Repeat 1-4 with opposite footwork.
			b W-hold, shoulderheight hands forward; facing centre.
	9	1-2	lift R to the r.side, bent knee; step on R;
		3-4	cross L over, bend body; step back on R;
	10	1-2	lift L to l.side; step on L;
		3-4	R.touches crossed; R touches to the front.
	11-12		repeat 9-10.
			c Drop hands, arms bent in front of face, elbows out to the side, palms out. R.arm close to the face.
	13	1-2	bounce on L, lifting R knee up; step with L to l.side.
		3-4	cross R back; step L to left turning 1/2 right to face out.
	14		reverse 13 to face in again.
	15-16		as 13-14.
	17	1-2	in LOD: touch R crossed; touch R.in front.
		3-4	lift R, knee bent; step R fwd;
	18		reverse 17.
	19-24		repeat c.

TEXT

O moj bukuroshe, synin kur ta pash,
 at dite kur kalojshe, dy tri fjalo ti thash.

Hajde shpirto ti, hajde shpiti i im;
 se pa tye jeta, m'asht e shporazot gjithonji.

Dy tri fjalo to ambla, por dashnin e zjaret,
 s'bashku me to tana, dhe zemoren ta dhash.

Hajde shpirto ti,.....





CIGANSKI ORIJENT

Yugoslavia

Dance Ciga and Ivon Despotovic. Gypsydance from the east.
 Meter 2/4
 Introduction 8 bars (A)
 Formation open circle, arms crossed behind, R. over.
 Dance order B C A
 a b c
 Description Ciga Despotovic.

PATTERN

direction measure count

			a
B		1	1& hop on L; step on R to right.
		2	2 close L to R.
		2	as 1
		3	1 little jump on R to right, crossing L behind, bent, knee out, body bending to the right, calling: He.
		2	reverse cnt 1, calling : Ha.
		4	1& 2 little jumps on R in place R,L.(Hop-sa-)
		2	2 littlejump in place with R.(sa).
		5-8	reverse 1-4.
		9-16	repeat 1-8.
b V-hold, LOD.			
C		1	1& step on R; step on L crossed behind R.
		2	2 step on R in LOD.
		2	1-2 doublestep L in LOD
		3-16	repeat b 1 7x.
c V-hold; facing in.			
A		1	1& jump on R to right; cross L behind to right;
		2	2 jump on R to right- L swings fwd.
		2	1 hop on R,L heel on the floor in front without weight.
		2	2 jump on L in place.
		3-12	repeat c 1-2 5x or
		3-16	repeat c 1-2 7x.

Music A alternates 12 or 16 bars so figure c has to be danced 6 times or 8 times.