



International Folk Dance Weekend

September 10-12, 2010

YMCA Blue Ridge Assembly, Black Mountain, NC

GUEST TEACHER

JIM GOLD

(International Dances)

Welcome

OPET BALKAN BAZAAR

www.mountainplayshop.org

Mountain Playshop 2010

Camp Staff

David Auty	Treasurer, Registrar
Sheri Auty	Registrar, Housing, Applications
Bernie Geller	Live Music Coordinator
Mary Goodman	Chair
Mike Goodman	Chair, Programming
Yana Kosic	Party Snacks
Meg Mabbs	Singing
Barbara Shine	Party Snacks

And THANKS to the many other volunteers who helped make this camp great!

Musicians

Pete Campbell
Bernie Geller
Dean Herington
Mark McIntee
Sally McIntee
Richie Leonard
Suze Stentz
Mary Turlington
Janet Epstein

18 more Folk Dances

choreographed by

Jim Gold

Mountain Playshop: September 10-12, 2010, Black Mountain, NC

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AIDE, ODAM, ODAM BULGARIA

Dance Meaning: Come (Let's go), I go, Odam

Pronunciation: Aide, Odam, Odam

Choreography: by Jim Gold in Bulgarian folk dance style.

Music: Zdravko Georgev

Formation: Open Circle, arms in W position

Meter: 7/8: slow/quick/quick: s,q,q

Introduction: 8 measures (or begin right away)

Measures:

FIRST STEP (PART I)

Face and move CCW, two-step and crossing step

- 1 Face rt, step on R(s), step fwd on L(q), step fwd on R(q)
- 2 Repeat meas 1 opp ft
- 3 Face ctr, step on R in place(s), cross L over R(q),
Step on R in place(q)
- 4 Repeat meas 3 opp ft
- 5-12 Repeat meas 1-4 2x
- 13-15 Repeat meas 1-3
- 16 Step on L in place(s), tch rt toe next to L heel(q,q)

SECOND STEP (PART II)

Lesnoto, hold, and turn

- 1 Face ctr, step to rt on R(s), lift L(q), cross L over R(q)
- 2 Step on R and lift L(s), bounce on R(q), bounce on R(q)
- 3 Repeat meas 2 opp ft
- 4 Face ctr, step to rt on R(s), lift L(q), cross L over R(q)
(Repeat of meas 1)
- 5 Step on R and slowly lift L(s,q,q),
Hold lifted L, slow double bounce on R:
- 6 Bounce on R (s), bounce on R(q,q),
- 7 Step fwd on L(s,qq),
- 8 tch R heel fwd(s), tch R heel diag to rt(q,q)
- 9-16 Repeat meas 1-8
- 17-23 Repeat meas 1-7.
- 24 Full CCW turn: Step fwd on L and pivot CCW on L(s, qq).

ORDER OF STEPS:

1. First Step: 1x, Second Step: 1x

AL ALEM ALLA EGYPT

Dance Meaning: God Only Knows

Pronunciation: Al Alem Alla

Choreography: by Jim Gold in Arab Debka folk dance style.

Music: Amr Diab: Tamally Maak from Egypt

Formation: Line

Meter: 2/4

Introduction: 8 measures:

Measures:

FIRST STEP (PART I)

Debka Step

Debka walk, moving CCW, hands in V position

1 Tch L heel to floor (ct 1)

Step on full L ft (ct 2)

2 tch R heel to floor (ct 1)

Step on full R ft (ct 2)

3 Tch L toe fwd (ct 1)

tch L toe to lft side(ct 2)

4-12 Repeat meas. 1-3 3x

13 Ending: Step on L in place(ct 1)

Stamp on R next to L (ct 2).

SECOND STEP (PART II) (9 meas. plus 8 meas.)

Two Arabic "rida" steps

Hands in W position

1 Step R to Rt (ct 1)

Cross L in front of R (ct 2)

2 Repeat meas. 1 (ct 1-2)

Rocking step:

3 Step back on R (ct 1), step fwd on L (ct 2)

4 Brush R fwd (ct 1), step fwd on R (ct 2),

2 Steps fwd

5 Step fwd on L(ct 1), big step fwd on R (ct 2)

Double bounce step

6 Face slight leftward: quarter-squat(ct 1),

double bounce in place(ct 2, ct &)

7 Repeat meas. 6

8-9 Walk back 4 steps: R (ct 1), L(ct 2), R(ct 3), L(ct 4)

10-17 Repeat meas. 1-17

18 Walk back two steps: R (ct 1), L (ct 2).

THIRD STEP (PART III)

Hands in W position

1 Sway R (ct 1), sway L (ct 2),

2 Cross R over L (ct 1), tch L to left side (ct 2)

3 Step fwd (into ctr) on L (ct 1),

- 4 Twist step: tch R toe (ct 2), tch R heel (ct &),
Step back on R (ct 1),
step on L in place next to R (ct 2)
- 5-12 Repeat above step 2x.
- 13-15 Repeat meas 1-3 2x
- 16 Step back on R (ct 1), stamp on L next to R(ct 1-2).

ORDER OF STEPS:

1. First Step: 4x
Second Step: 2x
Third Step: 4x

2. First Step: (5x)
Ending: Move LOD:
4 Walk fwd on L(ct 1), walk fwd on R(ct 2),
5 Step on L(ct 1-2)
Second Step: 2x
Third Step: 4x

3. First Step: (5x) Ending: Repeat meas 4-5 above
Second Step: 2x
Third Step: 2x

- First Step: (2x) Ending: Repeat meas 4-5 above
Second Step: 2x

INTERLUDE

- Wait
- 1-4 Face ctr, Wait 4 drums beats (ct 1-2, 4x)
Arabian Side-Together
- 1-8 Step to R(ct 1), bring L next to R(ct 2)
Step to L(ct 1), bring R next to L(ct 2)
Step to R(ct 1), bring L next to R(ct 2)
Step to L(ct 1), bring R next to L(ct 2)
- 1-8 Arabian Double Time
Step to R(ct 1), bring L next to R(ct &)
Step to L(ct 2), bring R next to L(ct &)
Step to R(ct 1), bring L next to R(ct &)
Step to L(ct 2), bring R next to L(ct &)
Step to R(ct 1), bring L next to R(ct &)
Step to L(ct 2), bring R next to L(ct &)
Step to R(ct 1), bring L next to R(ct &)
Step to L(ct 2), bring R next to L(ct &)

4. Third Step: 4x
Second Step: 2x
Ending: Walk back 5 steps:
8 R (ct 1), L(ct 2)
9 R(ct 1), L(ct 2)
10 Walk back one step R (ct 1)

Tch L heel in place and hold(ct 2)

BATUTA DE LA SAUCHESHTI ROMANIA

Choreography: by Jim Gold in Romanian folk dance style.

Music: Steve Kotansky's collection

Formation: Line, arms in W position

Meter: 2/4

Introduction: No introduction. Starts right away.

Measures:

FIRST STEP (PART I)

Hora Step

- 1 Step R to rt(ct 1), step L behind R(ct 2)
- 2 Step on R(ct 1), lift L(ct 2),
- 3 Step on L(ct 1), lift R(ct 2)
- 4 Place toes diag together with heels spread(ct 1), click heels together(ct 2)
- 5-8 Repeat meas 1-4
- 9-16 Repeat meas 1-8

SECOND STEP (PART II)

Back pas de bas

- 1 Jump on R to rt(ct 1), step L behind R(ct &), step on R in place(ct 2)
 - 2 Repeat meas 1 opp dir, opp ft
- Sevens to rt
- 3 Step on R to rt(ct 1), step L behind R(ct &)
Step on R to rt(ct 2), step L behind R(ct &)
 - 4 Step on R to rt(ct 1), step L behind R(ct &)
Step on R in place(ct 2)
 - 5-8 Repeat meas 1-4 opp dir, opp ft
 - 9-16 Repeat meas 1-8

THIRD STEP (PART III)

Twist step

- 1 Step R over L twisting body to left(ct 1), lift L while twisting body to rt(ct 2)
- 2 Step L over R twisting body to face ctr(ct 1), lift R while twisting body to face ctr(ct 2)

Spread heels and click

- 3 Step fwd on R(ct 1), place L next to R(ct 2)
- 4 Spread heels(ct 1), click heels tog(ct 2)

Chug step

- 5 Chug fwd(ct 1), chug back(ct 2)
- 6 Chug diag fwd left(ct 1), chug back(ct 2)
- 7 Jump back on R(ct 1), step on L in place(ct &), step on R in place(ct 2)

8 Turn diag left, leap onto L(ct 1), diag stamp R next to L(ct
2)

9-16 Repeat meas 1-8

ORDER OF STEPS:

1. First Step: 2x, Second Step: 2x, Third Step: 2x
2. First Step: 4x, Second Step: 2x, Third Step: 2x
3. First Step: 4x, Second Step: 2x, Third Step: 2x

CAN KIZ TURKEY

Dance Meaning: Soul (or spirit) of a Girl

Pronunciation: Jon kuz

Choreography: by Jim Gold in Turkish folk dance style.

Music: Dunav Tours: Antalia 2005 with Ersin Seyhan

Formation: Tight line

Meter: 2/4

Introduction: 8 measures

FIRST STEP: (PART I)

Moving to the right, holding hands, arms tight at sides, shake shoulders:

- 1 Step to R (ct 1), close L to R (ct 2)
- 2 Repeat meas. 1
- 3 Repeat meas. 1
- 4 Repeat meas. 1
- 5-8 Repeat meas 1-4

SECOND STEP: (PART II)

Moving to the left, holding hands, arms tight at sides

- 1 Step to R (ct 1), stamp L next to R (ct 2)
- 2 Step L to left (ct 1), close R to L (ct 2)
- 3 Repeat meas 2
- 4 Step L to left (ct 1), close R to L (ct &),
step L to left
- 5-12 Repeat meas. 1-4 2x

THIRD STEP: (PART III)

Into ctr, shaking shoulders

- 1 Step R fwd (ct 1), step L fwd (ct 2),
- 2 Step R fwd (ct 1), tch L onto floor next to R(ct 2)
Back out from ctr: shaking shoulders
- 3 Step back on L (ct 1), step back on R (ct 2),
- 4 Step back on L (ct 1), tch R onto floor next to L(ct 2)
- 5-8 Repeat meas. 1-4

FOURTH STEP: (PART IV)

Walk 4 steps to the right:

- 1-2 R(ct 1), L(ct 2), R(ct1), L (ct 2)
- 3-4 Walk in a full CCW circle 4 steps (right turn):
R(ct 1), L(ct 2), R(ct 1), L(ct 2)
- 5-6 Walk into ctr 3 steps and lift L:
R(ct 1), L(ct 2), R(ct 1), lift L(ct 2)
First ending:
- 7-8 Walk back 3 steps, stamp R next to L:
L(ct 1), R(ct 2), L(ct 1) stamp R next to L (ct 2)

9-14 Repeat meas. 1-6

15-16 Second ending:

Walk back 2 steps: R(ct 1), L(ct 2)

"Shimmy bounce-bounce" step:

Place both feet together and shimmy (ct 1)

Bounce twice on both ft: (ct 2, ct &).

ORDER OF STEPS:

First step: 1x, Second step: 3x, Third Step: 2x, Fourth Step: **2x**

First step: 1x, Second step: 3x, Third Step: 2x, Fourth Step: **3x**

First step: 1x, Second step: 3x, Third Step: 2x, Fourth Step: **1x**

DREIDEL COCEK EASTERN EUROPE

Dance Meaning: Spinning Top Lad's Dance

Pronunciation: Dreydel Tchotchek

Choreography: by Jim Gold in Macedonian and Klezmer folk dance style.

Music: Erran Baron Cohen presents Songs in the Key of Hanukkah

Formation: Open circle

Meter: 2/4

Introduction: 8 measures

Measures:

FIRST STEP (PART I)

Dreidel Cocek: Moving to the right, diag back and fwd
(A three measure dance step against a four measure count)

- 1 Step diag back on R(ct 1), step diag back on L(ct 2)
- 2 Step diag back on R(ct 1), step on L in place, change directions to face\r diag right(ct 2), step on R in place (ct &)
- 3 Step diag fwd on L(ct 1), step on R in place(ct 2), step on L in place(ct &)
- 4-15 Repeat meas 1-3 5x
- 16 End with step R to right(ct 1), bring L next to R(ct 2)

SECOND STEP (PART II)

Klezmer Style:

- 1 Cross R in front of L(ct 1), step on L in place(ct 2)
- 2 Step on R next to L(ct 1), step on L in place(ct 2)
- 3-4 Repeat meas 1
- 5 Moving to right: Step on R, push arms fwd(ct 1), Step on L behind, bring arms back(ct 2)
- 6 Step on R to right, push arms fwd(ct 1) Step on L, bring arms back (ct 2)
- 7 Step on R(ct 1), big exaggerated lift of L leg over R(ct 2),
- 8 Step on L(ct 1), step on R in place(ct 2).
- 9-16 Repeat meas 1-8

ORDER OF STEPS:

First Step: 1x, Second step: 1x

HADI YÜRÜ YÜRÜ TURKEY

Dance Meaning: Lets go, go, go

Pronunciation: Hai day, yürü, yürü (umlaut pronunciation)

Choreography by Jim Gold in traditional Turkish folk dance style.

Music: Ankarali Namik: Hadi Cikda Gel

Formation: Open Circle, arms down.

Meter: 2/4

Introduction: 4 measures

FIRST STEP (PART I)

Fwd into ctr, hands in V position

- 1 Step fwd on R(ct 1), step fwd on L(ct 2),
 - 2 Step in place on R(ct 1), step in place on L(ct &),
tch R toe to ctr while twisting and lifting hip to left(ct 2)
- Back out from ctr. 4 steps
- 3 Step back on R(ct 1), step back on L(ct 2),
 - 4 Step in place on R(ct 1), step in place on L(ct &)

SECOND STEP (PART II)

Moving to the right, body facing fwd: hands in W position

- 1 Step to R(ct 1), cross L over R(ct 2)
 - 2 Step R to right(ct 1), cross L over R(ct &), step R to right side(ct 2)
- 3-4 Repeat meas 1-2 with opp. ft
- "Yemenite" right step
- 5 Step to right on R(ct 1), step to left on L(ct&)
Cross R over L(ct 2)
 - 6 Step L to left side, drop hands, raise L hand , bring rt hand to
left of face (ct 1),
tch R toe to ctr while twisting slightly left, turn/lift R hip to
left, point right hand, palm down. twds rt ft(ct 2)
- Turning CCW step
- 7 Step on R as you turn left(ct 1), step on L continue turn(ct 2)
 - 8 Step on R continue turn(ct 1), face ctr step on L(ct 2).
While turning raise R arm, make CCW circle with R hand.

THIRD STEP (PART III)

Transition Step, and Halay: Hands in W position

- 1 Step R to right side(ct 1), bring L next to R(ct 2)
- Halay
- 2 Step R to right(ct 1), cross L over R(ct 2)
 - 3 Step R to right(ct 1), lift L(ct 2),
 - 4 Step on L(ct 3), lift R(ct 4)
- 5-7 Repeat meas 2-4
- 8-10 Repeat meas 2-4
- 11-12 Repeat meas 2-3
- 13 Step on L(ct 1), bring R next to L(ct 2)

FOURTH STEP (PART IV)

Jumps and sevens, hands in V position

- 1 Facing ctr. Jump to right on R(ct 1), jump to L on L(ct 2)
- 2 Step to right on R(ct 1), bring L next to R(ct &)
Step on R(ct 2)
Sevens to the left
- 3 Step on L(ct 1), bring R next to L(ct &),
Step on L(ct 2), bring R next to L(ct &),
- 4 Step on L(ct 1), bring R next to L(ct &),
Step on L(ct 2)
Repeat meas 1-2

ORDER OF STEPS:

1. First Step: 2x
Second Step: 1x
Third Step: 4x
2. First Step: 2x
Second Step: 1x
Fourth Step: 4x
First Step: 1x
Fourth Step: 1x
3. Third Step: 4x
First Step: 2x
Second Step: 1x
Fourth Step: 4x
4. Third Step: 4x
First Step: 2x
Second Step: 1x
Fourth Step: 2x
Second Step: 1x

HORA LUI BUDISTEANU ROMANIA

Dance Meaning: Budisteanu's Circle Dance

Pronunciation: Hora Loui Budisteanu

Choreography: by Jim Gold in Romania folk dance style.

Music: Greetings from Romania: Volume I

Formation: Open circle, hands in W position

Meter: 2/4

Introduction: 2 measures

Measures

FIRST STEP (PART I)

Grapevine (CW) and turn(CCW)

- 1 Moving CW step R over L(ct 1), step L to lft(ct 2)
- 2 Step R behind L (ct 1), step L to lft(ct 2)
- 3-4 Repeat meas 1-2
- 5-6 Repeat meas 1-2
- 7-8 CCW turn in 4 steps R(ct 1),L(ct 2,) R(ct 1), L(ct 2)
- 9-32 Repeat meas. 1-8 3x

SECOND STEP (PART II)

Two-step and grapevine (CCW)

- 1 Facing and moving CCW: Step R fwd(ct 1), bring L next to R(ct 2).
- 2 Step on L(ct 1-2)
- 3-4 Repeat meas. 1-2 opp ft.
Grapevine CCW
- 5 Step on R to rt(ct 1), step on L behind rt(ct 2),
- 6 Step on R to rt(ct 1), step on L in front of R(ct 2)
- 7-8 Repeat meas 5-6
- 9-32 Repeat meas 1-8 3x

ORDER OF STEPS:

First Step: 1x, Second Step: 1x

KAMENOPOLSKO ORO BULGARIA

Dance Meaning: Rocky field

Pronunciation: Kamenopolsko Oro

Choreography: by Jim Gold in north Bulgarian folk dance style.

Music: Source unknown

Formation: Line

Meter: 2/4

Introduction: 8 measures

FIRST STEP (PART I)

Three two-steps into ctr.

- 1 R(ct 1), L(ct &), R(ct 2)
- 2 L(ct 1), R(ct &), L(ct 2)
- 3 R(ct 1), L(ct &), R(ct 2)
- 4 Turn body rightward: stamp on L shouting "Hey!" (ct 1)
Turn body to face ctr: lift L, shout "Ha!" (ct 2)
Moving backward out of ctr
- 5 Step on L (ct 1), lift R(ct 2),
- 6 step on R (ct 1), lift L (ct 2)
- 7 Step on L(ct 1), step on R next to L(ct 2)
- 8 Step on L(ct 1), lift R (ct 2).

SECOND STEP (PART II)

Crossing step:

- 1 Step on R in place(ct 1), cross L over R(ct 2).
- 2 Step on R in place(ct 1), lift L(ct 2)
- 3-4 Repeat 1-2 using opp. ft.
- 5-6 Repeat meas 1-2 Shouting Asega! "Now!"

Timing of Bulgarian shout:

- 5 Step on R in place(ct 1), cross L over R(ct 2).
- 6 Step on R in place, shout "Ase"
lift L, shout "ga"(ct 2).

Fast cross-seven step

- 7 Step on L in place(ct 1), cross R over L(ct &).
Step on L in place(ct 2), step on R next to L(ct &)
- 8 Step on L in place(ct 1), cross R over L(ct &).
Step on L in place(ct 2)
- 9-16 Repeat meas 1-8

THIRD STEP (PART III):

Four grapevines moving to left

- 1 Cross R over L(ct 1), step L to side of R(ct 2)
- 2 Cross R behind L(ct 1), step L to side of R(ct 2)
- 3-4 Repeat meas 1-2
- 5-6 Repeat meas 1-2

- 7-8 Repeat meas 1-2: Shouting Dai go zivo asega! "Give it
life, now!
Timing of the Bulgarian shout:
- 7 Cross R over L(ct 1) shouting Dai go
Step L to side of R(ct 2) shouting zivo
- 8 Cross R behind L(ct 1) shouting ase
Step L to side of R(ct 2) shouting ga

FOURTH STEP (PART IV)

- Crossing "two-step: grapevine moving to left
- 1 Cross R over L(ct 1), step on L in place(ct &)
Step on R in place(ct 2)
- 2 Step on L to side of R(ct 1), step on R behind L(ct &)
Step on L in place(ct 2)
- 3-4 Repeat meas 1-2
- 5-6 Repeat meas 1-2
- 7-8 Repeat meas 1-2

ORDER OF STEPS:

- First Step: 1x, Second Step: 2x, Third Step: 1x, Fourth Step: 1x
- First Step: 2x, Second Step: 2x, Third Step: 1x, Fourth Step: 1x
- First Step: 2x, Second Step: **1x**, Third Step: 1x, Fourth Step: 1x
- First Step: 1x

KARAMFILO, FIL-FILO MOME

BULGARIA

Dance Meaning: My little girl, Carnation

Pronunciation: Karamfilo, Fil-Filo Mome

Choreography: by Jim Gold in Macedonian-Bulgarian folk dance style.

Music: Stoyan Djadjef: Makedonski Pesni

Formation: Open Circle, arms in W position

Meter: 7/8: slow/quick/quick: s,q,q

Introduction: 8 measures

Measures:

FIRST STEP (PART I)

Moving to Rt:

1 Step R(s), step L(q), step R(q),

2 step L(s), step R(q), step L(q)

Crossing step, face ctr

3 Step on R(s), cross L in front of R(q), step on R in place(q)

4 Step on L(s), cross R in front of L(q), step on L in place(q)

Lesnoto step

5 Step on R(s), lift L(q), step on L in front of R(q)

6 Step on R(s), lift L(q,q)

7 Step on L(s), lift R(q,q)

8 Walk two steps to Rt. R(s), L(q,q)

9-15 Repeat meas. 1-7

16 Face ctr. Step to R(s), place L next to R(q,q)

SECOND STEP (PART II)

4 measure Patrioti Step

1 Step into ctr. on L(s), lift R in front of L(q,q)

2 In slow swing, bring R in a ronde de jambe behind L(s),
Place R ft behind L knee(q,q).

3 In a slow swing, bring R leg fwd in front of L(s)

Place R ft above L knee(q,q)

4 R ankle rests on L knee: Bounce once on L ft(s),

Bounce twice on L ft(q,q)

5 Step to rt on R ft(s), step L behind R(q,q),

6 Step R to rt(s), place L next to R(q,q)

7-12 Repeat meas 1-6 with opp ft.

13-18 Repeat meas 1-6

ORDER OF STEPS:

1. First Step: 1x, Second Step 1x

2. First Step: 2x, Second Step 1x

3. First Step: 2x, Second Step 1x

4. First Step: 2x, Second Step 1x

LAYLA, LAYLA: ISRAEL

Dance Meaning: Night, Night,

Pronunciation: LAee-la

Choreography: by Jim Gold

Music: Layla, Layla performed by harmonica virtuoso Avram Barzelay accompanied on guitar by his son, Ifar Barzelay.

Formation: Circle, arms in V position

Meter: 3/4

Introduction: 4 measures

Measures:

FIRST STEP (PART I)

- 1 Walking waltz step, CCW in LOD:
Step fwd on R(ct 1), bring L next to R(ct 2),
step fwd on R(ct 3),
- 2 Repeat meas. 1 opp ft
- 3-4 Repeat meas. 1-2
- 5-6 Repeat meas. 1-2
- 7 3-step full turn right, CW:
R(ct 1), L(ct 2), R(ct 3),
- 8 face ctr, 3-step cherkessia:
cross L in front of R(ct 1), step on R in place(ct 2),
step on L next to R(ct 3),

SECOND STEP (PART II)

- 1 Into ctr, step, lift, and sway:
Step fwd on R(ct 1), lift L(ct 2),
step slightly fwd on L about two feet away from R,
sway slightly to the left(ct 3),
- 2 Repeat meas. 1
- 3 6-step cherkessia:
Step on R(ct 1), cross L over R(ct 2),
step on R in place (ct 3),
- 4 step on L in place(ct 1), cross R over L(ct 2),
step on L in place(ct 3),
- 5 Move bkwds out of circle:
Step back on R, dip slightly(ct 1),
bring L next to R(ct 2),
step back on R,
- 6 Repeat meas. 5 opp ft
- 7 3-step cherkessia:
Step on R(ct 1), cross L over R(ct 2),
step on R in place (ct 3),
- 8 Step on L(ct 1), slowly lift and hold R(ct 2-3),
- 9 8-step grapevine (mayim) to left, CW

step R in front of L(ct 1),
step L to left side of R(ct 2).
Step on R behind L(ct 3),
10 step L to left side of R(ct 1),
step R in front of L(ct 2),
step L to left side of R(ct 3),
11 step on R behind L(ct 1),
step on L to left side of R(ct 2),
cross R over L(ct 3),
12 step on L in place(ct 1),
step on R in place next to L(ct 2),
Step on L next in place next to R(ct 3).

THIRD STEP (PART III)

1-4 Repeat meas. 1-4 from Second Step
5 Moving out of circle, R shoulder facing out,
step out of circle on R(ct 1),
cross L in front of R(ct 2),
step out of circle on R(ct 3),
6 cross L in front of R(ct 1),
step out of circle on R(ct 2),
cross L in front of R(ct 3),
7 3-step full turn right, CW: R(ct 1), L(ct 2), R(ct 3),
8 3-step cherkessia:
Cross L over R(ct 1), step on R in place(ct 2),
step on L in place(ct 3).

Break:

1 Face ctr, step to R(ct 1), bring L next to R(ct 2-3).
1-28 Repeat entire dance from beginning.

ORDER OF STEPS:

First Step: 1x, Second Step: 1x, Third Step: 1x

MOLDAVIAN HORA AURENESCU ROMANIA

Dance Meaning: Circle Dance from Moldavia

Pronunciation: Moldavian Horo

Choreography: by Jim Gold in Romanian folk dance style.

Music: Source unknown

Formation: Open Circle, arms in W position

Meter: 4/4

Introduction: 4 measures

Measures:

FIRST STEP (PART I)

Walk into ctr 4 steps. Shaking (twisting) head rt and left:

- 1 Step on R in place(ct 1), L(ct 2), R(ct 3), L(ct 4)
- 2 Step on R(ct 1), lift L(ct 2), step on L(ct 3), lift R(ct 4)

Walk bkws 4 steps

- 3 Step back on R(ct 1), L(ct 2), R(ct 3), L(ct 4)
- 4 Step on R in place(ct 1), lift L(ct 2),
Step on L in place (ct 3), twist-stamp step: stamp on R next to L
twisting rt leg diag left(ct &), step on R twisting diag to rt no
weight(ct 4)
- 5-8 Repeat meas 1-4

SECOND STEP (PART II)

Grapevine and two-step. Moving left:

- 1 Grapevine: Step R over L(ct 1), step L to left side(ct 2)
Step R behind L(ct 3), step L to left side(ct 4)
- 2 2 two steps. Continuing left:
Step on R(ct 1), step on L(ct &), step on R(ct 2)
Step on L(ct 3), step on R(ct &), step on L(ct 4)
- 3 Repeat meas. 1
- 4 1 two-step: Step on R(ct 1), step on L(ct &), step on R(ct 2)
Face ctr: step on L(ct 3), bring R next to L(ct 4)
- 5-8 Repeat meas 1-4 opp dir, opp ft.

THIRD STEP (PART III)

Facing ctr, syncopated clap and slap step

- 1 Step R to rt(ct 1), clap(ct &),
Bring L next to R(ct 2), clap(ct &)
Step R to rt(ct 3), clap(ct &)
Clap again. bring L next to R(ct 4)
- 2 Repeat meas 1 opp. dir, opp. ft
- 3-4 Repeat meas 1-2
- 5 Repeat meas 1-4
Hold R hand above head (prepare to slap left inner calf)
Step R to rt(ct 1), slap outer L thigh with left hand(ct &)
Bring L next to R(ct 2), slap outer L thigh with left hand(ct &)
Step to R to rt(ct 3)
Slap outer left thigh again with L hand(ct &)

Slap inner left calf with R hand(ct 4)
Slap outer left thigh with L hand(ct &)
6 Repeat meas 5 opp dir, opp ft with same hand slaps.
7-8 Repeat meas 5-6

ORDER OF STEPS:

1. First Step: 1x, Second Step: 1x, Third Step: 1x
2. First Step: 1x, Second Step: 1x, Third Step: 1
3. First Step: 1x, Second Step: 1x, Third Step: 1x
4. First Step: 1x (Ending)

PAK SUM PIYAN BULGARIA

Dance Meaning: Again We Drink

Pronunciation: Pak Sum Peeyan

Choreography: By Jim Gold using traditional steps from East Bulgaria and Macedonia.

Music: Pak Sum Piyan: Peroun

Formation: Open circle, arms in W position.

Meter: 7/8 slow/quick/quick: s,q,q

Introduction: One measure

FIRST STEP (PART I)

Facing Rt, moving LOD (Walking Step)

1 Step fwd on R(s), step slightly fwd on L(q),
Step slightly fwd on R(q)

2 Step fwd on L(s), step slightly fwd on R(q),
Step slightly fwd on L(q)

Face ctr: "grapevine"

3 Step on R(s), step on L behind R(q), step on R to rt of L(q)

4 Step on L in front of R(s),
Step R to side of rt(q), cross L in front of R(q).

5-6 Repeat meas 1-2

7-8 Repeat meas 3-4

9-24 Repeat meas 1-8 2x

25-30 Repeat meas 1-6

Full turn

31 Full turn Rt: Step on R(s), L(q), R(q)

32 Face front: Step on L(s), step on R(q,q)

SECOND STEP (PART II)

Facing front: Lift and Hold, Swing and Hold, Lift and Hold

1 Step fwd on L, lift R leg in front of L and hold(s, q.q)

2 Swing R leg behind L knee and hold(s, q,q)

3 Swing and lift R leg in front of L and hold(s, q,q)

4 Step to rt on R(s), bring L next to R(q,q)

5 Step fwd on R, lift L leg and hold(s, q.q)

6 Swing L leg behind R knee and hold(s, q,q)

7 Swing and lift L leg in front of R(s), step on L to left(q), step R
behind L(q)

8 Step on L next to R(s),

Step on R turning to face Rt LOD, (q), step on L next to R(q).

ORDER OF STEPS:

1. First Step: 1x, Second Step: 1x

POZDRAV BULGARIA

Dance Meaning: Greetings!

Pronunciation: Pozdrav

Choreography: by Jim Gold in Macedonia-Bulgarian folk dance style.

Music: Makeonska Pesni: Stoyan Djhadjhev

Formation: Open circle, hands in W position

Meter: 9/8: quick/quick/quick/quick,slow: q,q,q,qs

Introduction: 8 measures

Measures:

FIRST STEP (PART I)

Moving to Rt: Face LOD (Line of Direction), hands in W position

- 1 Face ctr: Step R to rt(q), step L behind R(q),
step R to rt turn to face LOD(q), hop on R(q), step fwd on L(s)
- 2 Face LOD: Step R(q), step L(q), step R(q), tch L fwd(qs)
- 3 Moving reverse LOD: L(q), R(q), L(q),
Face ctr: step on R in place(qs)
Crossing step, still facing ctr.
- 4 Cross R over L(q), step L next to R(q),
cross R over L(q), step on L next to R(qs)
- 5 Crossing step: Cross R in front of L(q), step on L in place(q)
step on R next to L(q), step on L next to R(qs)
- 6 Into ctr: Hands start moving down to V position,
R(q), L(q), R(q), hands return to W position, tch L fwd(qs)
- 7 Back out of ctr: hands start moving down to V position,
L(q), R(q), L(q), hands return to W position, R(qs)

SECOND STEP (PART II)

- Into ctr: Hands moving down to V position,
- 1 Step R into ctr(q), step L(q), step on R(q),
Hands to W position, hop on R(q), step fwd on L(qs)
 - 2 Continue int ctr: Hands moving down to V position,
R(q), L(q), R(q), hands return to W position, tch L fwd(qs)
 - 3 Back out from ctr: Hands remain in W position
L(q), R(q), L(q), R(qs)
 - 4 Cross R over L(q), step L next to R(q),
cross R over L(q), step on L next to R(qs)
 - 5 Cross R over L(1/2q), step L next to R(1/2q),
cross R over L(1/2q), step on L next to R(1/2q)
Cross R over L(1/2q), step L next to R(1/2q),
cross R over L(1/2q), step on L next to R(1/2qs)
 - 6 Crossing step: Cross R in front of L(q), step on L in place(q)
step on R next to L(q), step on L next to R(qs)
 - 7 Step on R next to rt(q), stamp lightly on L next to r(q)
Step on L next to lft(q), stamp lightly on R next to lft(qs).

ORDER OF STEPS:

First Step: 2, Second step: 2

SBOGAM, MILA BULGARIA

Dance Meaning: I Meet my Dear One

Pronunciation: Sbogam, Mila

Choreography: by Jim Gold in Macedonian folk dance style.

Music: Stoyan Djadjev, Makedonski Pesni

Formation: Open circle, arms in V position.

Meter: 4/4

Introduction: 12 measures

Measures:

FIRST STEP (PART I)

Slower music, lean-heavy step

- 1 Facing LOD. walk to rt: Step to R(ct 1), step on L(ct2), step on R(ct &), step on L(ct 3), face ctr, step R and lean-heavy to rt(ct 4)
- 2 Step on L(ct 1), cross R in front of L(ct &), step on L in place(ct 2), step on R next to L(ct &), step on L in place (ct 3), Lift R(ct &, ct 4)
- 3-8 Repeat meas. 1-2, 3x

SECOND STEP (PART II)

Music a bit faster: Sides and into ctr

- 1 Face ctr. Step R to rt(ct 1), place L next to R(ct 2)
Step R to rt(ct 3), place L next to R(ct 4)
- 2 Step R to rt(ct 1), place L next to R(ct 2)
Step R to rt(ct 3), place L next to R(ct 4)
- 3 Grapevine: Step R to rt(ct 1), step L in front of R(ct 2)
Step R to rt(ct 3), step L behind R(ct 4)
- 4 Step R to rt(ct 1), lift L(ct 2)
Step L to left(ct 3), lift R(ct 4)
- 5 Moving into ctr. Step R fwd(ct 1), bring L next to R(ct 2),
step R fwd(ct 3-4),
- 6 Step L fwd(ct 1), bring R next to L(ct 2),
step L fwd(ct 4)
- 7 Moving diag out of circle: Cross R over L(ct 1), step L next to
R(ct 2), Cross R over L(ct 2), step L next to R(ct 3)
Cross R over L(ct 4),
- 8 Cross R over L(ct 1), step L next to R(ct 2), step L next to
R(ct 3), cross R over L(ct 4), step on L behind R(ct 4)
- 9 Face ctr: Step R to rt(ct 1), place L next to R(ct 2), step R
to rt(ct 3), place L next to R(ct 4)
- 10 Lifts: Step R to rt(ct 1), lift L(ct 2).
Step L to left(ct 3), lift R(ct 4)
- 11 Moving fwd and back: Step fwd into circle: R fwd(ct 1), bring
L next to R(ct 2), step R fwd(ct 3-4),

18 more Folk Dances
choreographed by Jim Gold

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12 Step back on L(ct 1), bring R next to L(ct 2),
step back on L(ct 3-4).

ORDER OF STEPS:

First Step: 1x, Second step: 1x

SIRBA DE LA VADOUL ROMANIA

Dance Meaning: Loui Isak's Sirba from Vadoul

Pronunciation: Sirba de la Vadoul Loui Isak

Choreography: by Jim Gold in Romanian folk dance style.

Music: Joc Ensemble

Formation: Open Circle, arms in W position

Meter: 4/4

Introduction: 5 measures

Measures:

FIRST STEP (PART I)

Sevens right and left

- 1 Step to R(ct 1), step L behind R(ct &)
- 2 Step to R(ct 2), step L behind R(ct &)
- 3 Step to R(ct 3), step L behind R(ct &)
- 4 Step to R(ct 4), stamp on L next to R no weight(ct &)
- 5-8 Repeat meas 1-4 opp dir, opp ft.
- 9-16 Repeat meas 1-8

SECOND STEP (PART II)

Into ctr and back

- 1 Step into ctr on R(ct 1), L(ct 2), R(ct 3), hop on R(ct 4)
- 2 Step bck on L(ct 1), R(ct 2), L(ct 3), hop on L(ct 4)

Grapevine left

- 3 Step R in front of L(ct 1), step L to side of R(ct 2),
Step R behind L(ct 3), step L to side of R(ct 4)
- 4 Repeat meas 3
- 5-8 Repeat meas 1-4

THIRD STEP (PART III)

Transition: Lifts and crossing step

- 1 Facing ctr: Step on R in place(ct 1), lift L(ct 2)
Step on L in place(ct 3), lift R(ct 4)

- 2 Repeat meas 1

Crossing step:

- 3 Cross R over L(ct 1), step on L in place(ct 2),
Step on R in place(ct 3), cross L over R(ct 4)
- 4 Step on R in place(ct 1), step on L in place(ct 2)
Cross R in front of L(ct 3), step on L in place(ct 4)

- 5-6 Repeat meas 1-2

Jump and hold step

- 7 Cross R over L(ct 1), step on L in place(ct 2),
- 8 Jump on both feet spread apart and hold 4 cts (ct 3,4, ct 1, 2)
Jump on both feet(ct 3), bring both feet together (ct 4)

Dance Tag: End of Dance Step:

Into ctr and back

- 1 Step into ctr on R(ct 1), L(ct 2), R(ct 3), hop on R(ct 4)
Step bck on L(ct 1), step on R in place(ct 2)
- 2 Step on L(ct 3-4)

ORDER OF STEPS:

1. First Step: 1x, Second Step: 1x, Third Step: 1x
2. First Step: 1x, Second Step: 1x
Four Lifts: (Meas 1-2 of Third Step)
3. First Step: 1x, Second Step: 1x, Third Step: 1x
4. First Step: 1x, Second Step: 1x,
Four Lifts: (Meas 1-2 of Third Step)
5. First Step: 1x, Second Step: 1x, Third Step: 1x
6. First Step: 1x
Dance tag: Ending

STANI KUME, STANI BULGARIA

Dance Meaning: Stand up

Pronunciation:

Choreography: by Jim Gold in Bulgarian folk dance style.

Music: Artist unknown. From Veliko Turnovo/Arbanassi. From Jim Gold Tour of Bulgaria, 2005.

Formation: Open Circle, arms in V position. Arms swing back on ct 1, fwd on ct 2, back on ct 3, fwd on ct 4.

Meter: 4/4

Introduction: 8 measures

Measures:

FIRST STEP (PART I)

Moving to the right, arms swing

- 1 Face rightward: Step R, arms swing back(ct 1)
Step L, arms swing fwd(ct 2),
Face ctr, step R to right, arms swing back(ct 3), close L to R, arms swing fwd(ct 4)
Moving to the left
- 2 Keep facing ctr. Step to left on L, arms swing back(ct 1),
Close R to L, arms swing fwd(ct 2)
Step to left on L, arms swing back(ct 3)
Close R to L, arms swing fwd(ct 4).
- 3-8 Repeat meas 1-2 3x

SECOND STEP (PART II)

- 1 Face right: Step R(ct 1), step L(ct 2),
Face ctr, step R to right(ct 3), close L to R(ct 4)
Moving to the left
Four push-steps:
- 2 Fall on L while pushing R ft to side(ct 1)
Repeat ct 1 3x
- 3-8 Repeat meas,1-2, 3x

THIRD STEP (PART III)

- 1 Face right, 2 Step-hops: Step on R(ct 1), hop on r(ct &),
step on L(ct 2) hop on L(ct &)
Face ctr: 3 Crossing:
- 2 step on R(ct 3), cross L in front of R(ct &)
Step on R in place(ct 4), hop on r(ct &)
7-Crossing: Step on L(ct 1), cross R in front of L(ct &),
Step on L in place(ct 2), step on R next to L(ct &)
Step on L in place(ct 3), cross R in front of L(ct &)
Step on L in place(ct 4), hop on L(ct &).
- 3-8 Repeat meas 1-2, 3x

18 more Folk Dances
choreographed by Jim Gold

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ORDER OF STEPS:

First Step: 1x, Second step: 1x, Third step: 1x

STO MI E MILO (LELE, VARAI) . . .BULGARIA

Dance Meaning: What is Sweet?

Pronunciation: Le-le, VA-rai (Sto Mi E MI-lo)

Choreography: By Jim Gold in Macedonian-Bulgarian folk dance style.

Source: Plovdiv Region, Batouchko Monastery area, Lesnoto style.

Music: Viewska Folk Group

Formation: Open circle, arms in W position.

Meter: 7/8, slow/quick/quick, s,q,q,

Introduction: 8 measures

Measures:

FIRST STEP (PART I)

Lesnoto Step

- 1 Step to the right on R(s), lift L across R(q),
step on L across R(q),
- 2 step to the right on R(s), lift L(q,q),
- 3 step on L(s), lift R(q,q).
- 4-6 Repeat meas. 1-3
- 7 Repeat meas 1
- 8 Step on R(s), bring L next to R(q,q)

SECOND STEP (PART II)

Patrioti Step

- 1-4 Step into ctr with R ft,
place L ft behind R knee (s,q,q),
step back on L, lift R leg high (s,q,q),
Hook R ft around in reel step and lock
behind L knee (s,q,q),
Step on R in place(s), place L beside R (q,q),
- 5 3 back pas de bas:
Step on L in place(s), step on R behind (q),
step on L in place(q),
- 6 Repeat meas. 5 wi opp dir and opp ft
- 7 Repeat meas. 5 (same dir and ft)
- 8 Step on R(s), step on L next to R(q,q).

THIRD STEP (PART III)

Four two-steps to the right, CCW:

- 1 Step forward on R(s), step forward on L(q),
step forward on R(q),
- 2-4 Repeat meas. 1 3x
- 5 Three-step grapevine to left, CW:
R over left(s), L besides R(q), R behind L(q),

Crossing step:

- 6 Step on L in place(s), cross R in front of L(q),
step on L in place (q),
- 7 Repeat meas. 6 opp ft and opp dir,
- 8 Step on L(s), touch R toe to L instep(q,q).

TIMONYA KRUGOVAYA: RUSSIA

31

Dance Meaning: Circle Theme

Pronunciation: Teemonya Krugovaya

Choreographed 1998 Alexandru David. Two additional steps in Russian folk dance style added by Jim Gold.

Source: Alexandru David Record

Music: Alexandru David

Formation: Open circle

Meter: 2/4 (Three measures of 2/4 pattern)

Introduction: 36 side steps:(Count in 6 measures)

Measures:

- 1 Face ctr. Step to rt side with R(ct 1),
Bring L next to R(ct 2)
- 2-36 Repeat meas 1 35x (Optional: Alternate meas 1 with:
Step R to rt side(ct 1-2), bring L next to R(ct 1-2)
- Extended Introduction: (Starts with drum)
- 1-36 First Step: 4x, Third Step: 1x
Irregular: 11 measures
- 37-46 Second step 10x
- 47 Face fwd, step on R(ct 1),
Still facing fwd. Step on L next to R(ct 2)

FIRST STEP (PART I)

Arms back, holding hands, 5 moving to rt.

- 1 Bending slightly fwd: Step R to rt with R heel(ct 1), step L behind
r(ct 2)
- 2 Repeat meas 1
- 3 Step R to rt with R heel(ct 1), stand straight as you jump on both
ft tog(ct 2)
Moving to lft. Make sure stamping feet sound rhythm on floor.
- 4 "Fall" on rt ft(ct 1), come up on lft next to R(ct &)
"Fall" on rt ft(ct 2), come up on lft next to R(ct &)
- 5 Repeat meas 4
- 6 Step on R in place(ct 1), step on L in place(ct 2)
- 7-12 Repeat First Step: Meas 1-6

SECOND STEP (PART II)

Moving LOD (to the rt) Hands free. "Kursk" Russian two-step:

- 1 While feet dance: Step fwd on R(ct 1), bring L behind R(ct &), Step
on R in place(ct 2), both hands are up, palms facing dancer.
- 2 Step fwd on L(ct 1), bring R behind L(ct &), Step on L in place(ct
2) both hands are up, palms facing fwd (back of hands facing dancer.
- 3 Repeat meas. 1
- 4 Repeat meas 2
- 5 Repeat meas 1
- 6 Repeat meas 2
- 7-12 Repeat Second Step: Meas 1-6

THIRD STEP (PART III)

Fists on hips. 3 two-steps into ctr starting with heel. Bend slightly fwd, dancer looks at boot (ft)

1 Step on R(ct 1), bring L next to R(ct &), step on R(ct 2)

2 Repeat meas 1 opp ft.

3 Repeat meas 1

3 Reels

4 Step back on L(ct 1), lift R in a reel step(ct 2)

5 Repeat meas 4 opp ft

6 Repeat meas 4

3 pas de bas (or optional 3 syncopated stamp steps)

7 Leap on R next to lft(ct 1), cross L over R(ct &),
Step on R in place(ct 2)

8 Repeat meas 7 opp. ft

2

9 Repeat meas 7

3 push-steps (optional 5 push-steps on second time)

10 "Fall" on left as you simultaneously push R to rt side(ct 1)

Step R next to L(ct 2). Turn head to rt, look at boot(ft)

11-12 Repeat meas 10 2x (but end with 5 push-steps)

13-24 Repeat Third Step: Meas. 1-12 (Meas 4-6 arms spreading)

Optional:

13-22 Repeat meas 1-9 of Third Step

5 push-steps

22 "Fall" on left as you simultaneously push R to rt side(ct 1)

Step R next to L(ct &)

"Fall" on left as you simultaneously push R to rt side(ct 2)

Step R next to L(ct &)

23 Repeat meas 10

24 Step on L(ct 1), place R next to L(ct 2)

FOURTH STEP (Similar to Step One)

Fists on hips, 5 "Big Moving" Steps to rt.

1 Big step R to rt with R heel(ct 1), step L behind r(ct 2)

2 Repeat meas 1

3 Step R to rt with R heel(ct 1), kick L ft (with square heel) in front or R as you 1/4 turn rt(ct 2).

Moving into ctr, fist on hips, lft shoulder leaning into ctr.

4 Step on L(ct 1), bring R behind L(ct 2)

5 Repeat meas 4

6 Step on L(ct 1), step (optional: stamp) rt ft behind L(ct 2)

"Falling backwards" out of circle. Simultaneously place R hand behind head (nape of neck), place L fist on L hip,

7 "Fall" on L behind R, simultaneously lift R leg, face fwd(ct 1),
Step on R next to L(ct 2),

8 Repeat meas 7

9 Step on R(ct 1), tch L next to R no wt(ct 2)

- Three push-steps. Place R fist remains on R hip. Look at rt boot.
- 10 "Fall" on L as you simultaneously push R to rt side(ct 1)
Step R next to L(2)
- 11 Double push-step: "Fall" on L as you simultaneously push R to
rt side(ct 1)
Step R next to L(ct &)
"Fall" on left as you simultaneously push R to rt side(ct 2)
Step R next to L(ct &)
- 12 Step on L(ct 1), step on R next to L(ct 2)
- 13-24: Repeat Fourth Step: Meas. 1-12

ORDER OF STEPS:

Introduction: Side steps 26 meas.

Extended Introduction: First Step: 6x, Second Step: 2x.

Dance starts with singing sound of "Yes"

1. Step I: 2x
Step II: 2x
Step III: 1x
Step IV: 1x

2. Step I: 2x
Step II: 2x
Step III: 2x
Step IV: 2x
Repeat pattern 2 until end.
Ends with Third Step