

A TREASURY OF INTERNATIONAL FOLK DANCES

choreographed by Jim Gold

A Step by Step Guide

Introduction

“I’ve traveled to many countries, seen many kinds of dances. All are true.”
Anonymous Folk Dance Traveler

Dedication Page

To all my folk dance teachers.

On The Nature of Folk Dance Choreography

Choreographies are created in the imagination and dreams of choreographers. If steps do not exist or have yet to be created, the choreographer begins to move. Soon a dance appears.

A folk dance choreographer is steeped in the lore, folk dance music, culture, history, art, steps, and national style. The steps he or she creates are faithful to the dancing style of the native country.

But no matter what the choreographer creates, choreographies are really suggested steps. All dances are open to interpretation and subject to future improvisations depending on the imagination, ingenuity, and creativity of the teacher or leader presenting them, whether created in a village, native country, or in the New World.

The relatively new art form of International Folk Dancing is developing in the United States and throughout the world. Along with more traditional approaches, new bands have also formed. The music they create is often based on a fusion of folk traditions and modern styles. With so many beautiful songs, striking harmonies, and awesome vibrations nourishing your mind, what else can you do but dance?

I urge you to join the creative stream!

I will consider this book a success if it inspires other folk dance teachers, leaders, and dancers to follow their inner muse and create exciting new dance steps, as I have done, in the folk tradition.

How to Use this Book

1. Read the black titles (headings?) in the beginning.
 2. Learn the name of the dance and check out the background material.
 3. Click on the Youtube video link and view the dance.
 4. While viewing the dance, practice the steps using the video to guide you.
- After that, read the written instructions for a more exact understanding of the steps, rhythms, etc.
- Finally, and primarily: Enjoy the dance!

ABBREVIATIONS

bkwd: Backward.
ct: Count, in the musical measure of a dance.
ctr: Center
CW: Clockwise
CCW: Counter clockwise
diag: diagonal
dir: direction
ft: Foot
fwd: Fwd
LOD: Line of Direction. Refers to the direction of the dance, usually right or left
L: Left
opp: opposite
R: Right
x: times

GLOSSARY

Alunelul Step: From the Romanian name for hazelnut tree whose branches have magical properties including water divination. Named after the Romanian dance Alunelul.

Belt Hold: Dancers hold belts or sashes. Often used in Balkan dances.

Csardas: National dance of Hungary. Usually done as a couple dance, but sometimes danced in improvised form in a circle or line. Coming from **csarda**, the Hungarian word for tavern, a place where peasants, farmers, and local townspeople met to dance a couple dance with a simple side-together-side step. After the revolution of 1848, it became the national dance.

Cherkessia: The name means Caucasus. Based on name and crossing step of Circassian people from Caucasia, the Caucasus region.

Clogging: Tap dance step from the southern Appalachians. Originally, from Ireland and the British Isles.

Drmes: Trembling step from Croatia where it is danced in a circle. Etymologically, **drmes** is related to Turkish name **dervish**, and thus to the whirling dervish dance itself. **Drmes** and dervish are also related to the Indo-Iranian root word for door. When one dances the Turkish meditative whirling dervish dance, or the circular Croatian drmes, one opens the door to heaven.

Escort Position: Dancer places hand on hip; adjacent dancer takes his or her arm by the elbow.

Grapevine: Lateral twisting step: the fastest, easiest way to move sideward.

Hasapico: Greek butcher's dance. From Turkish **hasap**, butcher. Slow, heavy, sensual, inward, and meditative in mode and feeling. Originally, dance of the Greek butcher's guild in Constantinople during the 12th century.

Hornpipe Step: Rocking step simulating a sailor's first unsteady steps on land, before they get their "land legs."

Klezmer: From Hebrew **Kli'zemer**. **Kli** means vessel, pot, or musical instrument. **Zemer** means song. Jewish dance style from Eastern Europe based on local and national dance forms.

Kopanitsa: From **kopan**, to dig. A lively Bulgarian folk dance in 11/16 timing.

Lame Duck step: Hopping type step from Croatia.

Pas de Bas: Leap and crossing step. Shortened form of pas de Basque, step of the Basques.

Pontozo: Hungarian word for point, as in the point or period ending a sentence. Virtuoso men's dance from Transylvania filled with twists, slaps, and leaps.

Pravo Horo: The lively, spirited national dance of Bulgaria. Etymologically, related to the Russian **pravda**, truth or right. Typical three-measure hora or horo dance pattern.

Ragtime csardas: Csardas step danced to ragtime music.

Rida: Crossing step.

Ronde de Jambe: From French "circling round of the leg." Lift leg with thigh parallel to

floor; then trace a circle in the air with your leg.

Ruchenitza: A Bulgarian folk dance in 7/16 time. Danced solo, in couples, or in a line. Etymologically, related to **reka**, hand, or **retchenik**, hand-kerchief often waved or rotated by the dance leader.

Schottische: Derives from **Scottish**. Walk and hop step danced in northern Europe.

Shirto, or Syrto:

Syrto is the Greek national dance, a four measure, open circle dance in 7/8 time, originating in the Peloponnesian town of Kalamata—famous for its olives. Syrto is often called Kalamatianos. Also danced in Western Bulgaria where it is called **Shirto**.

Shoulder Hold: Dancers hold shoulders of neighboring dancers.

Suzie Q: Twisting, pigeon-toed, sideways step, often danced in Ragtime dancing.

Shuffle: Clogging step.

Simian Gallop: Dancing like a gorilla.

Tarantella: Popular improvised dance from South Italy and Sicily in lively 6/8 time (sometimes 2/4) Some claim dance is named after the South Italian town of Tarentum, and relates to the movements off, or bites from, the Tarantula spider.

Two-step: Two quick steps followed by one slow step, Danced moving fwd or in place. Also called pas de bas, Serbian two-step, Yemenite step, Texas two-step, and more.

V position: Dancers holding hands, arms at sides, making shape of a V.

W position: Dancers hold hands, arms held at shoulder height, forming shape of a W.

TABLE OF CONTENTS

A la Claire Fontaine	France
Aide, Odam, Odam	Bulgaria
Aj Da Idem Jano.....	Bulgaria
Ako Oomra	Bulgaria
Al Alem Allah	Egypt
Ale Brider	Klezmer/Yiddish
Alla Mia Fora	Greece
Am O Mandra.....	Romania

B Moreta LodkaBulgaria
Batuta de la Saucheshti.....Romania
Belo Litse Lyubam.....Macedonia
Boiereasca Hora.....Romania
Boiereasca Jim.....Romania
Busk.....Norway

Can Kiz.....Turkey
Cantigas Deus Madre.....Spain
Cantigas de Santa Maria.....Spain
Casuta Noastra.....Romania
Cija Kolo.....Croatia
Ciko Ianiko.....Bosnia

Dance of the Firemen.....Romania
De Boca del Dyo.....Bosnia
Djeni Me Mamo (Balance dance).....Bulgaria
Dola moj dola.....Albania
Donke Lesnoto.....Bulgaria
Dreidel Cocek.....Novelty
Dvashtim, Trishtim.....Bulgaria

Easy Winners.....USA
Edelweiss.....Austria
Egoscue Hora.....Romania (Novelty)
El Pastor.....Argentina
Ela Apopse.....Greece

Fest Noz Quimper.....France (Brittany)
Fille Delaisse.....French Canada
Fredo.....France
Freilach.....Klezmer/Yiddish

Gorno Oryahovsko Pravo Horo.....Bulgaria
Grandfather's Clock.....USA
Grkinja.....Serbia

Hadi Yuru Yuru.....Turkey
Hasapico Argo (Isorropia).....Greece
Hasapico Athens.....Greece
Hej Gorol Ci Jo Gorol.....Moravia
Honga.....Klezmer/Yiddish
Hora lui Budisteanu.....Romania
Hora lui GrigorasRomania
Hora Yia Ta Matia Pou Agapo.....Greece

Iskat Me Mamo.....Bulgaria
I've Been Up and DownUSA

Jaunas Bernuzelis.....Lithuania
Jerusalem Ridge.....USA
Jest Vino.....Russia

Kamenopolsko Oro.....Bulgaria
Kapura.....Slovakia
Karamfilo, Fil-Filo, Mome.....Bulgaria
Katerina Mou.....Greece
Komaromi.....Klezmer/Slovakia
Kotlenska Svatbarska Ruchenitsa.....Bulgaria
Kurdish Beauty.....Israel

La Kreasyon.....Bosnia
La Parida.....Bosnia
La Tore.....Bosnia
Layla, Layla.....Israel
Lule.....Albania

Madre Mija Si Mi Muero.....Bosnia
Maica.....Romania
Mai Neicuta Mai GorjeneRomania
Man of Constant Sorrow.....USA
Mila Mamo Number 1.....Bulgaria
Mi se Sobrale.....Macedonia
Moldavian Hora Lui Aurescu.....Romania
Multsu Mesc.....Romania

Naxos Kalimera.....Greece
Ne Klepeci.....Bosnia
Nenadova Kolo.....Serbia

O Sole Mio.....Italy
Oildo Mi Novya.....Bosnia
Oniro Tis Nyschtas.....Greece
Orawa.....Poland
Oy, Baboushka.....Russia
Oy, Pri doudzke.....Russia

Pak Sum Piyan.....Bulgaria
Pavle Mou Pie.....Bulgaria
Platky.....Russia
Pogonishte Kruja.....Albania
Polegnala e Todora.....Bulgaria
Posloushaite Patriots.....Bulgaria
Pozdrav.....Bulgaria
Pravo Horo Ivan.....Bulgaria
Prodomeni Agape.....Greece

Raiti B'Chalom.....Israel
Reel du Panier.....Canada
Russian Round (Bielolitzza Krieglolitzza).....Russia

Sbogam Mila.....Bulgaria
Sboresko Horo.....Bulgaria
Scott's Rag.....USA
Sednach da Vetcheram.....Bulgaria
Sendero Triste.....Cuba
Shady Grove.....USA
Sirba de la Vadoul.....Romania
Stani Kume, Stani.....Bulgaria
Stari Zupski Ples.....Croatia
Sto Mi E Milo.....Bulgaria

Targoviskoto.....Bulgaria
Taya Vetcher.....Bulgaria
Tchestata.....Bulgaria
The Cossacks.....Russia
Timonya Krugavaya.....Russia
Tish Kazala.....Ukraine
To Dilino.....Greece
Toreador.....Spain/France
Tout Va Tres Bien.....France

U Sapcu Kraj Save.....Serbia
U Sest Number 7.....Serbia
Una Noce Al Lunar.....Bosnia

Vajzal e Permetit.....Albania
Varka Sto Yailo.....Greece
Vradiazi.....Greece

Wildwood Flower.....USA

Ya Izliaz Donke.....Bulgaria
Yadzhiiskata.....Bulgaria
Yom Yom Ne Prishyal.....Russia

Zashtem.....Bulgaria
Zelena Gora.....Bulgaria

A LA CLAIRE FONTAINE France

Dance Meaning: By the clear fountain

Choreography: By Jim Gold in international folk dance style

Music: Nana Mouskouri

Formation: Open circle, hands in V position

Meter: 2/4

Youtube video link: <http://bit.ly/2IH5x00>

Introduction: 8 meas Meas 5-8: Holding step: Place R toe next to L facing diag CCW

Measures

FIRST STEP

Moving CCW

Two-steps, crossing step, sway

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

Crossing step

- 3 Step R front of L (ct 1), step back on L (ct 2)
- 4 Step back on R (ct 1), step on L in place (ct 2)
- 5-8 Repeat meas 1-4
- 9 Sway rt (ct 1), sway lft (ct 2), lift R (ct 3)

SECOND STEP

Moving CW

4-step grapevine, two 2-steps, 1 crossing step, tch

- 1 Cross R over L (ct 1), step L to lft (ct 2)
- 2 Step R behind L (ct 1), step L to lft (ct 2)

Two 2-steps CW

- 3 Step R across L (ct 1), bring L behind R (ct &), step R (ct 2)
- 4 Step L to lft (ct 1), step R behind L (ct &), step L (ct 2)

Crossing step

- 5 Cross R over L, bringing L ft behind rt calve (ct 1), step back on L (ct 2)

Holding step

- 6 Tch R toe next to L facing diag rt CCW (ct 1-2)

ORDER OF STEPS

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

Ending: Dance Second Step meas 1-5, then repeat entire Second Step

A La Claire Fontaine

A la claire fontaine
M'en allant promener
J'ai trouve l'eau si belle
Que je m'y suis baigne

Il y a longtemps que je t'aime
Jamais je ne t'oublierai

Sous les feuilles de chene
Je me suis fait seche
Sur la plus haute branche
Le rossignol chantait

Il y a longtemps que je t'aime

Jamais je ne t'oublierai

Chante, rossignol, chante
Toi qui as le coeur gai
Tu as le coeur rire
Moi je l'ai pleurer

Il y a longtemps que je t'aime
Jamais je ne t'oublierai

C'est pour mon ami Pierre
Qui ne veut plus m'aimer
Pour un bouton de rose
Que je lui refusai

Il y a longtemps que je t'aime
Jamais je ne t'oublierai

J'ai perdu mon ami
Sans l'avoir merite
Pour un bouquet de roses
Que je lui refusai

Il y a longtemps que je t'aime
Jamais je ne t'oublierai

AIDE, ODAM, ODAM Bulgaria

Dance Meaning: Come (Let's 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

Jim Gold Youtube video: <https://www.youtube.com/watch?v=SpzTRb1bXAM>

Introduction: 8 measures

Measures:

FIRST STEP

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, 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

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)
- 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, q, q)
- 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

Full CCW turn

- 24 Step fwd on L, pivot CCW (s)
Step on R in place facing ctr (q), step on L in place (q)

ORDER OF STEPS

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

AJ DA IDEM JANO Bulgaria

Dance Meaning: Let' Go Jano

Pronunciation: Aye Da Eedem Yano

Choreography: By Jim Gold in Bulgarian folk dance style. April/2013

Music: Unknown

Formation: Open circle

Meter: 4/4

Jim Gold Youtube video: <http://bit.ly/2IBOLyI>

Introduction: 6 measures

Measures

FIRST STEP

Face ctr. Sides, fwd and back

- 1 Step R to rt (ct 1), step L behind R (ct 2)

- Step R (ct 3), Lift L (ct 4)
- 2 Repeat meas 1 opp dir, opp ft
Into ctr
- 3 Step R fwd (ct 1), step L fwd (ct 2)
step R fwd (ct 3), lift L (ct 4)
Moving back
- 4 Step back on L (ct 1), back on R (ct 2)
Back on L (ct 3), tch L next to R (ct 4)
- 5-8 Repeat meas 1-4

SECOND STEP

Moving LOD, CCW: Grapevine and 2 lifts

- 1 Step R to rt (ct 1), cross L front of R and dip (ct 2)
Step R to rt (ct 3), step L behind R (ct 4)
- 2 Step R (ct 1), lift L (ct 2), step L (ct 3), lift R (ct 4)

ORDER OF STEPS

1. First Step: 2x, Second Step: 8x

AKO OOMRA Bulgaria

Dance Meaning: If I Die

Pronunciation: A-ko OO-mra

Choreography: By Jim Gold in Bulgarian folk dance style

Style: Pirin Region, Shirto, arms in W hold, West Bulgarian folk dance style

Music: Peroun: Posloushaite Patrioti. Ako Oomra

Formation: Open circle, arms in W position.

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

Jim Gold Youtube video: <http://bit.ly/2IEpgMW>

Introduction: 10 measures

Measures:

FIRST STEP

Shirto

- 1 Walk to right, CCW: Lift and slight hesitation on first step (beat)
Arms W position: R (s), L (q), R (q)
- 2 L (s), R (q), L (q)
Moving out of circle, bring arms down
- 3 R (s), L (q), R (q)
In place, bring arms up
- 4 L (s), cross R over L (q), step on L in place (q)
- 5-16 Repeat measures 1-4 3x

SECOND STEP (A)

Walk into ctr

- 1 R (s), L (q), R (q)
- 2 L (s), R (q), L (q)
- 3 Step to right on R (s), step L behind R (q q)
- 4 Step to right on R (s), lift L (q q)
- 5 **Walk bkwd:** L (s), R (q),L (q)
- 6 R (s), L (q), R (q)
- 7 Step to left on L (s), step R behind L (q, q)
- 8 Step to left on L (s), lift R (q, q)
- 9 2 back pas de bas: step to right on R (s)
Step on L behind (q), step on R in place (q)
- 10 Repeat meas. 9 opp dir, opp. ft

SECOND STEP (B)

Walk into ctr

- 1 R (s), L (q), R (q)
- 2 L (s), R (q), L (q)
- 3 Step to right on R (s), step in L behind R (q, q)
- 4 Step to right on R (s), lift L (q, q)
- 5 **Walk bkwd:** L (s), R (q), L (q)
- 6 R (s), L (q), R (q)
- 7 Step to left on L (s), step on R behind L (q, q)
- 8 Step to left on L(s), touch R to L instep (q, q)

ORDER OF STEPS

1. First Step: 4x, Second Step: A:1x, B: 1x

