

## Dance Glossary

RF- Right Foot

LF-Left Foot

HH- Holding Hands

NHH- Not Holding Hands

PP- Palm to Palm

CW- Clockwise- Facing center-online- travel to Left

CCW- Counter Clockwise- Facing center- online- travel to Right

RS- Right shoulder

LS- Left shoulder

Center- Center of circle

FC- Facing Center

Online- the invisible "line" of the circumference of circle

## Dance Steps

Mayim- (4 counts)- "water" in Hebrew- also known as the grapevine step- RF crosses in front of LF, LF beside RF in place, RF behind LF, LF beside RF in place.

Left Mayim Lift- RF crosses in front of LF, LF beside RF in place, RF behind LF, Turn body CCW- weight on RF, Lift LF

Right Mayim Lift- LF crosses in front of RF, RF beside LF in place, LF behind RF, Turn body CW- weight on LF, Lift RF

Scissor Mayim- FC- Step RF into center, step back on the LF, Step RF to the R side, L mayim ( see mayim)

Open Mayim- Facing CCW- Step R, L, Turn over LS facing CW, step R,L.

Coupe- Also known as a ½ tcherkessia-angle step to R and L

L Coupe- RF crosses in front of LF, weight on the RF, RF steps back to original starting position

R Coupe- LF crosses in front of RF. Weight on LF, LF steps back to original starting position

Miserlou Step- FC- Step R, Touch toe of LF in center, bring LF around behind RF, weight on LF, step R, LF over RF, hop over LS on LF facing CW- Step R,L,R, forward, L,R,L, back

Basketball Pivot- FC- Step RF into center, pivot over LS- facing outside the center, step RF outside the circle, pivot over LS facing in, Step RF beside LF in place facing center- 360 degrees rotation.

Balance- FC- Feet placed shoulder width- Leaning R and L with weight shifting from RF to LF.

Hora- Usually CW, but in some traditional circles- CCW

CW- FC-LF steps in place, Kick with RF, RF steps in place, Kick with LF, RF behind LF.

Cha-Cha or shuffle -

R -Cha Cha- Step R,L,R, pause

L - Cha-Cha- Step L,R,L, Pause

Waltz- Starting with RF- Step R,L,R, Then L,R,L

Note- Cha-cha and waltz are very similar

Step Cross-

R Step Cross- FC- Step RF to side, Cross LF in Front

L Step Cross- FC- Step LF to the side, Cross RF in Front

Tcherkessia- FC- Step RF into center, Step back on LF, Step back on RF, Step forward on LF

Box Step- FC- Step RF into center towards and in front of LF, Step LF over RF, Bring RF back to original position online, Bring LF back to original position online.

Ashrei

R- Ashrei - FC- Step RF online, LF Behind RF, weight on LF, weight on RF

L - Ashrei- FC- Step LF online, RF behind LF, Weight on RF, Weight on LF- ( low impact)

3-Point Turn and 4-Point Turn

FC- R- 3-point turn- Turn online over RS, and step R, L, R, facing to the center of circle- 3 counts

L- 3-point turn- turn online over LS, and step L,R,L, facing into the center of circle.

\* Repeat above for 4-point turn- R and L for (4 counts)

Klezmer

R- Klezmer- FC- step RF to the side, LF behind RF, weight on LF, step R on RF, weight on RF, touch heal with LF

L-Klezmer-FC- step LF to the side, RF behind LF, weight on RF, step L on LF, weight on LF, touch heal with RF

In and Out Klezmers- Traveling online CCW- Step RF to the side, LF behind RF, weight on LF, step R on RF and Hop over RS facing outside the circle weight on RF- Facing outside- Step LF to side, RF behind LF, weight on RF, step L on LF and hop over LS facing inside the circle weight on LF

Yemenite

R - Yemenite- FC- Step to R- Weight on RF, then weight on LF, cross RF in front of LF, weight on RF

L- Yemenite- FC- Step to L- weight on LF, then weight on RF, cross LF in front of RF, weight on LF

R-Back Yemenite-FC- step back on RF, weight on RF, step LF half way back to RF, weight on LF, step forward RF to original position

L- Back Yemenite- FC- Step back on LF, weight on LF, Step RF halfway back to LF, weight on RF, step forward LF to original position

Side Step

R- Side Step-FC- Step to R and touch LF beside RF

L- Side Step- FC- Step to L and touch RF beside LF

Step together Step-Traveling CCW- Step RF and bring LF beside RF

Kibbutz Dance- Online traveling R or L. R-Hop, L-Hop, run R,L,R,L

Hallelu Steps - L- Mayim, L- coupe, R-3-point turn, R-coupe, L-coupe