

MA AVARECH

(Israel)

Ma Avarech was choreographed by Moshe Eskayo to music composed by Y. Rosenblum. It was presented by Moshe Eskayo at the 1972 University of the Pacific Folk Dance Camp. Pronunciation: MAH ah-vah-RECH with the CH pronounced in a manner similar to CH in the German word ACH.

MUSIC: Records: Na'arah IFC 1 (preferred); Tikva T142

FORMATION: Circle of pairs, ptrs facing, M back to ctr. Hands are joined and arms outstretched at shoulder height. Usually M palms are up and W palms are placed on them.

STEPS: Mayim R: Step R across in front of L (ct 1); step L to L side (ct 2); step R across behind L (ct 3); step L to L side (ct 4). Movement is to L side.
Mayim L: Same as Mayim R but reverse ftwork and direction.

Yemenite R: Step R to R side, bending knee (ct 1); step on ball of L ft near R heel (ct 2); step R across in front of L, bending knees (ct 3); hold (ct 4) unless otherwise directed.

Yemenite L: Same as Yemenite R but reverse ftwork and direction.

Description is written for M; W does opp unless otherwise noted.

MUSIC 4/4

PATTERN

Measures

- 4 meas INTRODUCTION
- I. SIDE, ACROSS, STEP-TOUCH
- 1 Step L to L side (cts 1,2); step R across in front of L, bending knees (cts 3,4).
- 2 Small step L to L side (ct 1); touch R toe fwd (ct 2); step R beside L (ct 3); touch L toe fwd (ct 4). Knees flex easily on each step and straighten as the touch is done.
- 3 Dance I Yemenite L, releasing M L, W R joined hands at the end (cts 1-3). Pivoting on L, bring R leg around and through so as to end ptrs side by side facing LOD (ct 4). M R - W L hands still joined and free hands at sides.
- 4 Step fwd on R in LOD (ct 1); step L beside R (ct 2); step fwd on R (ct 3); keeping wt on R, turn to face ptr so orig pos may be taken (ct 4).
- 5-8 Repeat action of meas 1-4. On meas 8, ct 4, M step on L ft. End facing ptr, hands not joined.
- II. THREE-STEP TURN, YEMENITE, TURN WITH PTR
- M and W use same ftwork during meas 1-6.
- 1 Beginning R, make 1 CW (R) turn with 3 steps (cts 1-3); hold (ct 4). M move in RLOD, W in LOD. End facing next person of opp sex. Join hands (as in Formation) with that person.
- 2 Dance I Yemenite L (cts 1-3), step bkwd on R in place, releasing hands (ct 4).
- 3-4 Repeat action of meas 1-2 (Fig II) but begin L and turn CCW (L), and dance Yemenite R facing ptr without holding hands. On meas 4, ct 4, step on L twd ptr so that R shoulders will be adj.
- 5 Clasp R hands palm to palm with R shoulders touching. This is the start of a CW turn on the spot. Step fwd on R, bending knee (ct 1); step on ball of L ft near R heel (ct 2); repeat action (cts 3,4).
- 6 Finishing the CW turn, step fwd on R, bending knee (ct 1); step on ball of L ft near R heel (ct 2); step R beside L, releasing R hand hold (ct 3); M shift wt onto L, W hold (ct 4). Ptrs are facing with M back to ctr.

(over)

MA AVARECH continued

- 7 Ptrs now use opp ftwork. Join both hands with ptr (R with L). Step fwd R (W L) twd ptr (cts 1,2); step bkwd on L in place (cts 3,4). Knees flex easily.
- 8 Repeat action of meas 7 (Fig 11).
- 9 Moving in LOD, dance 1 Mayim R.
- 10 Step R across in front of L (ct 1); dropping hands, make 1 CW (R) turn stepping L, R still moving in LOD (cts 2,3); facing ptr, touch L beside R (ct 4).
- Repeat dance from the beginning.