

Na'ama

(Israel)

Na'ama (nah-ah-MAH), a couple dance choreographed by Bentsi Tiram, was presented at the 1984 University of the Pacific Folk Dance Camp by Ya'akov Eden. The title translates to "My Gentle Dear One."

RECORD: Tel-Aviv Express #1 Side A/2 3/4 meter

FORMATION: Cpls facing ctr in Courtesy Trun pos: W to R of ptr; M R arm around W waist, holding her R hand, palm out, at her R side; L hands joined and extended fwd about chest level.

STEPS and STYLING: Double Tcherkessia (2 meas): Step on L across in front of R (ct 1); step in place on R (ct 2); step on L beside R (ct 3). Repeat with opp ftwk (meas 2).

Waltz: 3 even steps in indicated direction (cts 1,2,3).

Waltz Balance: Step in indicated direction on L ft (ct 1); step on R beside L, raising heels off floor (ct 2); step on L in place, lowering heels (ct 3). Step alternates.

Closed Pos: Ptrs facing, M R hand at ctr of W back above waist; his R elbow bent and held out away from body. M hold W R hand in his L hand at about shldr level, elbows slightly bent. W L hand on M R shldr.

The dance is smooth, romantic, flowing. Ptrs relate to each other through eye contact as much as possible

MUSIC 3/4

PATTERN

Measures

8 meas INTRODUCTION No action.

I. DOUBLE TCHERKESSIA; WALTZ BALANCE; TURN

1-2 Both beg L ft, dance Double Tcherkessia facing ctr but turning body slightly with lead ft movement (to R on meas 1, L on meas 2).

3-4 Waltz Balance fwd and back. Joined L hands raise slightly on meas 3, return to orig pos on meas 4.

5-6 With 2 Waltz steps turn 3/4 CCW. End facing LOD.

7 Retaining joined hands, M Waltz Balance in place (L,R,L) as W, with 3 steps turn 1/2 CW under joined L hands to face ptr, crossed hands extended.

8 As M Waltz Balance turning 1/4 CCW to face ctr, W turn CCW with 3 steps to end in orig pos (at ptr R side).

9-15 Repeat meas 1-7

16 Waltz Balance fwd ptr, release hands and end in Closed Pos but slightly to R so that L hips are opp. M face LOD. W must free R ft for following pattern by stepping R,L,hold (cts 1,2,3).

II. MOVE IN LOD; STEP AWAY; FULL TURN

1 M: Face diag R of LOD, step fwd on L ft (ct 1); step fwd on R beg to turn to L (ct 2); step on L near R to end facing diag L of LOD with R hips opp (ct 3).
W: Use opp ftwk stepping diag bkwd L on R ft to beg.

2 Repeat meas 1 with opp ftwk, continuing to move in LOD and end with L hips opp.

- 3-4 Repeat meas 1-2.
- 5 Releasing M L, W R hands and joining M R and W L hands, each turn to face LOD and step to side, leaning away from ptr; M to L on L ft, W to R on R ft, leaving other ft in place (ct 1); hold (cts 2-3).
- 6 Shift wt onto inside ft (M R, W L) and take Closed Pos, M back to ctr (ct 1); hold (cts 2-3).
- 7-8 With 2 Waltz steps turn CW once, progressing in LOD.

III. DIP; RECOVER; SWIVEL KNEES; WALTZ BALANCE; WALTZ TURN

- 1 Dip: With back to ctr, M step back on L ft, bending knee, toe turned out, R leg straight, R ft on floor; W step fwd on R ft between M ft, bending knee, toe turned out, L leg straight, L ft on floor (ct 1); hold (cts 2-3).
- 2 Recover: Resume upright posture as M take wt on R ft, W on L (ct 1); hold (cts 2-3).
- 3 Beg M L, W R, 1 Waltz step turning 1/2 CW, M end facing ctr. Each ptr end with ft close together, wt on both ft.
- 4 Both bend knees twd L and swivel them twd R (cts 1,2); straighten knees (ct 3).
- 5-6 2 Waltz Balances, beg M L, W R. May be done sdwd to L and to R or turning 1/4 to 1/2 CW.
- 7-8 2 Waltz steps turning CW to end with M back to ctr. Amount of turn determined by how far cpl turned during meas 5-6. During meas 5-8 cpl will turn either 1/2 or 1 1/2 CW.
- 9-16 Repeat meas 1-8, but on meas 16 release Closed Pos and W turn to R to resume orig pos at ptr R side (L hands joined, M R arm around W waist) with L ft free to repeat dance. W step L,R,hold (cts 1,2,3).

Repeat dance from beginning. Dance ends with meas 8 of Fig I the third time through.