

SHAM HAREH GOLAN

(Israel)

Sham Hareh Golan (SHAHM-hah-REH goh-LAHN) is translated as "There they are--- the mountains of Golan". The choreography by Jonathan Gabait is set to music by N. Shemer. This description is based on the presentation made by Shlomo Bachar at the 1973 University of the Pacific Folk Dance Camp.

MUSIC: Record: Hadarim LP-3, S-B, B-2. 4/4 meter.

FORMATION: Lines of dancers, hands joined low, facing LOD.

STEPS: Walk*

STYLING: Smooth, lyrical, flowing, with pli   (bend of supporting knee) to enhance the softness of the style.

* Described

MUSIC 4/4

PATTERN

Measures

2 INTRODUCTION (No action)

I. MOVING IN LOD

A 1 With 4 light, fast walking steps move in LOD (R,L,R,L).

2 With knee bent, step fwd on R, leaving L in place (ct 1); bend both knees and sway wt back onto L ft, leaving R ft in place (ct 2); sway wt fwd onto R ft (ct 3); bring L ft fwd just slightly off floor (ct 4).

Note: Meas 2 is the "camel" step prevalent in many Israeli dances: With knees bent, as wt is taken on fwd ft, the pelvis moves fwd preceding the upper portion of the body. When wt is transferred to trailing ft, the pelvis again leads. This undulating motion must be done smoothly and never exaggerated or forced.

3 Lightly touch L heel fwd twice, no wt (cts 1,3). Slight pli   of R knee when L heel touches.

4 Step bkwd on L in RLOD (ct 1); step ball of R ft near L heel (ct 2); step fwd on L (ct 3); hold (ct 4).

5-8 Repeat action of meas 1-4 (Fig 1), but on ct 4 of meas 8 pivot on ball of L ft to face ctr and beg to bring R leg around in a wide arc in front of L to prepare for next step.

II. MOVING TWD CTR

Note: During meas 1-3, the step on ct 1 is done with pli  . The knee straightens by the time the heel touches on ct 3.

B 1 Move twd ctr, step on R across in front of L, raise joined hands fwd to no more than shldr level (ct 1); with knee slightly bent, bring L leg around in front of R (ct 2); touch L heel lightly in front of R, no wt (ct 3); raise L ft very slightly (ct 4).

2 Step on L in same place L heel touched (ct 1); with knee slightly bent, bring R leg around in front of L (ct 2); touch R heel lightly

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in front of L, no wt (ct 3); raise R ft very slightly (ct 4).

3 Step on R in same place R heel touched (ct 1); with knee slightly bent, bring L leg around in front of R, no wt (ct 3); step on L where heel touched (ct 4).

4 Walk bkwd out of ctr (R,L,R,L), lowering hands to sides.

5-8 Repeat action of meas 1-4 (Fig II).

Repeat dance from beg until end of music.

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