



# DANCES

of the world's peoples



VOL. 4: Turkey, Israel, Greece, Armenia, Caucasasia



W. JOHNSON

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# DANCES OF THE WORLD'S PEOPLES

Compiled and Edited and with Dance Instructions by Ronnie  
and Stu Lipner, Authorities on the Folk Dances of the World.

DESCRIPTIVE NOTES ARE INSIDE POCKET

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FOLKWAYS RECORDS FD 6504

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# DANCES OF THE WORLD'S PEOPLES

## VOL. 4: Turkey, Israel, Greece, Armenia, Caucasasia

FOLKWAY RECORDS PRESENTS:

FOLK DANCES OF THE WORLD'S PEOPLES, VOLUME 4

FOLK DANCES OF GREECE, TURKEY AND THE MIDDLE EAST

DANCES INCLUDE:

BAND 1 - Syrtos	(Greece)
BAND 2 - Pentozales	(Greece)
BAND 3 - Karotseres	(Greece)
BAND 4 - Brides Dance	(Greece)
BAND 5 - Dance Kalamatianos	(Greece)
BAND 6 - Turkish Wedding Dance	(Turkey)
BAND 7 - Turkish Halay	(Turkey)
BAND 8 - Toi Nergis	(Armenia)
BAND 9 - Debka Leil Zahav	(Israel)
BAND 10 - Hora	(Israel)
BAND 11 - Bo Na Habanot	(Israel)
BAND 12 - Lezginka	(Caucasian)

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Dance notes and descriptions compiled and edited by Folk Dance Specialists, Ronnie and Stu Lipner.

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The Greek Dances were learned from Mrs. T. Karanikolas, and grateful acknowledgment is hereby rendered.

SYRTOS (GREECE)

This can be considered one of the most popular type dances performed in Greece. Many regions having its own variations and style. The Syrtos described is one of the most common found in Greek Dance Circle

RECORD - Folkway LP # Band 1 (From P-467, SIDE I, Band 7)

FORMATION - An open circle, leader at right end. Sometimes a handkerchief is held between the leader and the next dancer in line. This enables leader to perform variations and turns.

- STEP 1 - Step on R ft to side, point L foot in front of R flexing knees.
- STEP 2 - Step L in place and point R in front of L, flexing knees.
- STEP 3 - Step to side with R. ft, step L behind R and step R to side.
- STEP 4 - Hop lightly on R, (a sort of skip) quickly step L across and in front of R, with a slight dip, step R to side, then step L near R ft.

Entire dance takes 4 measures of music. Wait a few measures before beginning dance to get feel of music. Beat remains constant throughout recording.

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PENTOZALES (GREECE)

This dance comes from Crete and is performed chiefly by Men. It has a tricky five step rhythm which can be mastered with practice.

RECORD - Folkway LP # Band 2 (From P-457, SIDE I, Band 6)

FORMATION - An open circle with hands on adjoining dancers shoulders. Leader is at right end. Wait a few measures to pick up beat before starting.

- STEP 1 - Step R ft in place and swing L ft across R.
- STEP 2 - Step L ft in place and swing R ft across L.

- STEP 3 - Quickly step R and swing L slightly across R.
- STEP 4 - Moving to L, quickly step L,R,L, and,
- STEP 5 - Click heels twice moving slightly to the Right.

Entire dance takes only 4 measures of music. It is placing the above dance into the measures of music where the tricky part lies. However with practice it can be mastered. Many variations to #5 exist.

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KAROTSERES (GREECE)

The Karotseres from Cyprus is very similar to the Butcher Dance, "Hasapikos." Many of the steps performed in the Hasapikos are also performed in this lively dance. There is no set sequence in which the steps are performed. The leader decides what patterns to dance. Below are described some of the typical steps performed.

RECORD - Folkway LP # Band 3 (From P-467, SIDE I, Band 3)

FORMATION - An open circle with hands on adjoining dancers shoulder. Circle moves to the Right.

BASIC STEP 1 - Step side with R ft, Step L in front of R, Step side with R ft, & hop on R ft, swinging L across and in front of R. Step L ft to side and hop on it, swinging R ft across and in front of L. Repeat 3 times more.

This is always the first step performed and frequently performed between changing of figures and step patterns.

- STEP 2 Feet together, weight on both heels, turn toes to R, weight on toes turn heels to R, continue this way performing the turning of the toes and heels to the right 2 more times, 3 times in all, then stamp in place quickly R,L,R. This step performed 4 times in all followed by the basic step done 4 times.
- STEP 3 - Moving to R, slide 4 times, then step R and swing L over R, Step L and swing R over L. This step is done 4 times in all followed by the basic step done 4 times.
- STEP 4 - This step follows a basic, Circle R foot in air 2 times, Jump to a squatting position, and jump up with weight on L ft. Repeat this circling of the R ft and squatting and jumping up, Perform 2 basic steps moving to the R, repeat the circling of the R ft and squatting steps 2 times. This whole step is performed 4 times in all, followed by the basic step performed 4 times.

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BRIDES DANCE (GREECE)

A typical Bride's dance from Macedonia. Typical formation includes the Bride, who leads the dance, next to the bride is the best man, and the bridegroom and all the relatives in that order. This type of dance is danced to many different tempos, songs and rhythm.

RECORD - Folkway LP # Band 4 (From P-467, SIDE II, Band 4)

FORMATION - An open circle with hands joined, and held loosely.

- STEP 1 - Step to R with R ft, step L in front of R, step R to side and point L ft in front of R.
- STEP 2 - Step fwd, L,R,L and point R ft in front of L.
- STEP 3 - Step R to side, step L in front of R, step R to side, and point L ft in front of R.
- STEP 4 - Step bwd, L,R,L and point R ft in front of L.

REPEAT DANCE FROM BEGINNING.

# DANCE KALAMATIANOS

Some consider this to be the National Dance of Greece. It is performed at all social functions.

RECORD - Folkway LP # Band 5 (From #P-454, SIDE I, Band 2)

FORMATION - An open circle, leader at Right End. Hands joined and held at shoulder height. Count throughout dance is Slow-Quick-Quick.

- STEP 1 - Step to side on R ft, Step back of R with L ft, turning to face center step to side on R ft. with a slight hop. (S-Q-Q)
- STEP 2 - Step L in front of R, Step to side on R turning slightly to L, Step L in back of R ft. (S-Q-Q)
- STEP 3 - Step to the side with R ft, point L ft over and in front of R and pause a count. (S-Q-Q)
- STEP 4 - Step to side with L ft, turning slightly to L, Step on R in front of L and hold a count, transferring weight back to L. (S-Q-Q)

REPEAT DANCE FROM BEGINNING.

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## TURKISH WEDDING DANCE (TURKEY)

This is a typical Folk Dance from the Ankara Area. At no time during the dance do the dancer touch each other. Grateful acknowledgement to Mr. Tarik Bulet for the help rendered in the preparation of this dance is made.

RECORD - Folkway LP # Band 6 (From #P-404, SIN SIN OYUN HAVASI, SIDE II, Band 3)

FORMATION - Two lines of dancers facing each other. Men on one side, Women on the other. Hands are extended to the side with elbows slightly bent. All begin with R ft. During the dance, dancers snap their fingers. Steps are made with a slight bouncy effect and are performed in either single time, (16 steps per 8 measures of music) or in double time, (32 steps per 8 measures of music). Musical break-down is 8-8-8-10-10 measures repeating again.

FIGURE 1 - Starting with R ft, takes 8 steps in place, step R to side, step L next to R, step L to side, Step R next to L, etc. Then with 8 steps, partners change places moving to the R, stepping R to side, and stepping L behind R, (Single timing and snapping fingers.)

FIGURE 2 - Repeat action of Figure 1 again ending up in original starting position.

FIGURE 3 - Partners separate from each other with 8 Two-Steps, (Step-Together-Step) snapping fingers.

FIGURE 4 - With arms extended partners buzz step to the Right for 10 measures using double timing steps in place.

FIGURE 5 - With arms extended partners buzz step to the Left for 10 measures using double timing steps in place.

FIGURE 6 - Facing a little to the L, partners move sideward toward each other stepping R to side, and stepping L behind R for 6 measures, and buzzing around in place for 2 measures.

FIGURE 7 - Facing a little to the R, partners move sideward toward each stepping L to side and stepping R behind L for 6 measures and buzz step in place to the L for 2 measures. (End figure facing partner in original starting place.)

FIGURE 8 - Partners separate from each other with 4 Two-Steps, and approach each other with 4 Two-Steps.

FIGURE 9 - Woman brings both hands up to L side of cheek, bending head slightly to the L, and buzz steps in place moving to the Left, M with arms extended moves around the W to his R. Both dancers snapping fingers continually. Use double timing steps for 10 measures of music. (W flirts with M)

FIGURE 10 - Woman brings both hands to the R side of cheek bending head slightly to the R, and buzz steps in place moving to the Right, M with arms extended moves around the W to his Left. Both dancers snapping fingers continually. Use double timing steps for 10 measures of music. (M flirts with W)

FIGURE 11 - Repeat action of Figure 1. (8 Measures) 1-8

FIGURE 12 - Repeat action of Figure 2. (8 Measures) 9-16

FIGURE 13 - Partners separate from each other with 4 Two-Steps and buzz step in place moving around to the right for 4 measures of music.

FIGURE 14 - Partners perform this step in place for 10 measures of music accenting each step. With both arms extended to side, sharply cross R over L, turning slightly to L, step L ft in place, Step sharply to the R side with R ft, and step in place with the L continue performing this step IN PLACE.

FIGURE 15 - Using 10 measures of music partners approach each other using the step as described in step 14, circling one another keeping R shoulders toward each other. End figure in 1 line of dancers, M behind W and facing CCW around the room.

FIGURE 16 - Line of dancers move around the room with 8 two steps, W with both hands on R side of cheek on 1st Two-Step and on L side of cheek on second etc. flirting with M, who snaps his fingers furiously behind her trying to attract her attention. Woman looks over shoulder occasionally to see that man is behind her and not someone else.

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NOTE - Dancers sometimes wear small cymbals in their fingers to beat out rhythm of music.

## TURKISH HALAY (TURKEY)

A characteristic dance from the Eastern part of Turkey. Related to the many circular dances found in the Balkan countries. Grateful acknowledgement is made to Mr. Tarik Bulet for his help in preparing this dance.

RECORD - Folkway LP # Band 7 (From #P-404, SIDE II, Band 6)

FORMATION - An open circle, hands joined and held down at sides. Dancers are very close together and move as a whole unit. Drum beat in music remains constant, while music has tendency to wander. Steps are described in counts. Dancers are encouraged to listen to drum beat instead of music. Wait a few measures to pick up beat of drums.

### BASIC STEP -

- Count 1 - Step R to side,
- 2 - Step L across in front of R,
- 3 - Step R to side,
- 4 - Point L slightly fwd.
- 5 - With both feet together, bend both knees to the L, Weight on ball of feet. Body turns with knees.
- 6 - With a sharp motion, straighten knees, face center of room.
- 7 - With both feet together, bend both knees to the L, Weight on ball of feet. Body turns with knees.
- 8 - With a sharp motion, straighten knees, face center of room.

### JUMP STEP

- Count 1-2 - Moving sideways, perform a Two-Step, (Step-Together-Step) then jump slightly fwd, bending both knees slightly.
- 3-4 - Straighten knees, and pause a count.
- 5-6 - Moving from R to left and with a sharp motion, both knees slightly bent, inscribe a circle by bending knees swinging from R to L, and straightening knees, to create a swerving movement.
- 7-8 - Repeat counts 5-6 again, bending knees in a circular movement from R to L and straightening knees to create a swerving movement.

### DANCE SEQUENCE

- 1 - Perform the basic step 8 times.
- 2 - Perform the jump step 8 times.
- 3 - Perform the basic step 4 times.
- 4 - Perform the jump step 4 times.
- 5 - Perform the basic step 2 times.
- 6 - Perform the jump step 2 times.

REPEAT FROM #1.



## TOI NERGIS

ARMENIA

Toi Nergis is a dance-song in which the dancers perform to the singing of a choral group. This is a circular dance for both men and women, it can also be performed in a line. These type of dances are called "Bahrs."

RECORD - Folkway LP # Band 8 (From #FP-806,  
SIDE I, Band 1)

FORMATION - An open circle, hands joined at shoulder height and joined with little fingers interlocking. This hold is typical of many of the Armenian Bahr Dances.

STEP 1 - Step R ft to side, Step L in front of R, Step R ft to side, Point L ft across and in front of R.  
Step L ft to L side and point R ft across and in front of L.

Repeat 7 times more, 8 times in all.

STEP 2 - VARIATIONS OF ABOVE STEP.

Step R ft to side, Step L in front of R, Step R to the side.

Point L ft across and in front of R. Step L to the side and point R ft across and in front of L. Then stamp R ft near L 3 times in sort of a bouncy fashion.

Repeat 7 times more, 8 times in all.

NOTE - In taking the first 3 steps, dancers can turn completely around with the three steps and continue with the pointing steps.

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DEBKA LEIL ZAHAV (ISRAEL)

A popular Israeli dance that utilizes the Debka Jump of the Arabs. Many of these types of Debka dances exist with several variations of the basic step.

RECORD - Folkway LP # Band 9 (From #FW-935,  
SIDE I, Band 3)

FORMATION - A group of dancers (8-12) standing in a line around the room. Hands joined and held down, during dance, dancers stay close together, shoulders almost touching. Lines move counterclockwise.

PART-A  
1-3

- Step fwd R ft, step fwd L ft, brush R ft slightly fwd and step on R. ft.

4-6 - Step on L ft with R shoulder leading, step fwd on R, then with both feet together, turn a half turn to L, moving whole body, and a half turn to the R, moving whole body.

REPEAT PART-A ONE MORE TIME, PERFORMED 2 TIMES IN ALL  
(12 measures in all)

PART-B  
7-10

- Step fwd, L, then R, then L, Step bwd on R with a slight bend, lifting L and a slight jump with the R ft to the R, replacing the L ft.

11-13 - Jump to the L, with both feet together, (facing center), step to the L with the L ft, with a slight knee bend, step R next to L ft, then drop hands and clap them 3 quick times. Group remains facing center.

REPEAT PART-B again, taking the steps fwd toward center of room, end up by facing clockwise, immediately join hands again to start dance from the beginning.

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## ISRAELI HORA

(ISRAEL)

The Hora is a very old and traditional dance of the Jewish People, originating in the Balkan Countries. Since the birth of the State of Israel several dances have been created from the basic step. Below are described a sequence for the Hora, using the old traditional step and the newer version of this dance.

RECORD - Folkway LP # Band 10 (From #935, TAAMIN LO TAAMIN,  
SIDE I, Band 2)

FORMATION - A closed circle of dancers, hands joined on neighbor's elbows. Steps are light and are performed with a slight bouncy effect.

FIGURE 1 - Using 2 step per measure, perform 16 steps moving to the right in this manner, Step R to side, step L next to R, etc.

FIGURE 2 - TRADITIONAL STEP -  
9-19 Step R ft to side, Step L behind R, step R to side, and hop on R ft, swinging L over R, step L to side and hop on L, swinging R over L.  
REPEAT THE ABOVE STEP THREE MORE TIMES, 4 TIMES IN ALL

FIGURE 3 - Repeat Figure 1 Again  
1-8

FIGURE 4 - NEWER VERSION -  
Step R to side, Step L in front of R ft. jump with both feet together to the R, hopping on R ft. Jump again on both feet together and hop on L ft, raising R ft slightly off the floor.  
REPEAT THE ABOVE STEP THREE TIMES MORE, 4 TIMES IN ALL.

REPEAT DANCE FROM BEGINNING, AT ANY TIME, DIRECTION CAN BE CHANGED FROM THE RIGHT TO THE LEFT.

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## BO NA HABANOT

(ISRAEL)

RECORD - Folkway LP # Band 11 (From #935,  
SIDE II, Band 1)

FORMATION - Couples facing Counterclockwise, inside hands joined and bent forward, waist high. Woman's arm resting over M's arm. Free hands are raised high in front and bent at elbows. Thumb and next finger are touching to form a shape similar to a knot, the other three fingers are extended upward. Steps are described for Man, Woman does counterpart.

## PART-1

Takes 8 measures of music.

- 1 - Step fwd on R ft, bend R knee, step fwd L ft, & bend L knee.
- 2 - Step fwd on R ft, bend R knee, moving toward partner, jump on to L ft and cross R ft in front of L.
- 3 - Balance to the Left and lean away from partner.
- 4 - Step on L ft to the L, step R ft in place, Cross L ft over R. ft and pause. (End up close to partner)
- 5-8 - Repeat #'s 1-4 again.

## PART-2

- 1 - Partners moving back to back & slightly fwd in line of direction. Step R ft fwd, step L next to R. Step R ft fwd & pause, Partners look at each other over M's L and W's R shoulders.
- 2 - Step L ft in line of direction, at the same time pivoting slightly on R ft. to turn and face partner. Step R ft in place. Cross L ft. over R ft. toward partner. Free hand curved. And pause.
- 3 - Facing partner, step R ft. to the R side. Step L ft in place. Step fwd on R ft. turning so that the M & W face in Line Of Direction and pause.
- 4 - Facing Line Of Direction Step L ft to L side, Step R ft in place, cross L ft. over R ft. and pause.
- 5-8 - Repeat Part 2, #'s 1-4 again.

REPEAT DANCE FROM BEGINNING.

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LEZGINKA (CAUCASIA)

The Lezginka is a very popular dance in both the North and South Caucasus. Many versions exist. This one being for couples, in which the man dances with vigor and the woman with restraint.

RECORD - Folkway LP # Band 12 (From #FP-916,  
SIDE II, Band 1)

FORMATION - Double circle, Man on inside, Woman on outside, both facing Line Of Direction. Each figure is divided into 2 parts, the first part takes 10 measures of music, and the second takes 6 measures totaling 16 measures altogether.

SPECIAL STEPS USED IN THIS DANCE

BRUSH STEP- Step on L ft, brush R diagonally across to L, Brush R ft. backward to the L of the L ft. Brush the R ft. forward to the R of the L ft. Step on the R ft, then step on the L ft. (Count is 1,2,3 & 4.) Repeat starting with R ft. (Each brush step takes 1 measure of music.)

LEZGINKA STEP - Brush the R ft forward and pull R ft back stepping (WOMAN'S) on it, bring L ft up to R & step R ft forward. Repeat

SOLO STEPS- Brush L. ft fwd with R knee slightly bent. (1)  
(A) Circle L ft. up and backward and straighten R knee with a slight hop (2)  
Brush R ft fwd with L knee slightly bent (3)  
Circle R ft. up and backward and straighten L knee with a slight hop. (4)

(B) - Leap up on toes, heels out  
Come down on heels together  
Go up on toes again.  
Hold - (1 Measure)  
Drop on R toe with knee bent  
Pivot a half turn to the L, stepping on L ft.  
Step on R ft completing the turn (1 Measure)

SOLO STEP (B) TAKES 2 MEASURES OF MUSIC

FIGURE 1 (1-10) - Introduction to dance. Both dancers wait quietly, M with R arm across the body with the fist clenched and L arm at side.  
- Dancers start with R ft move around the circle with this step- Step R,L,R & point L toe across R, and to the side of R ft. Repeat again alternating feet. (6 Steps in all).

FIGURE 2 (1-10) - While W stand in place with hands clenched on hips, Man moves CCW in inner circle with 10 of the steps described in Figure 1. (M's R arm across body with fist clenched and L arm at side.)

(11-16) - Man stops in circle and faces nearest Woman. Starting with L ft do the Brush Step 6 times alternating feet. Woman remains quietly during the performance of this step by the man.

FIGURE 3 (1-10) - Partners move side by side CCW, M do Step Hops 10 times starting with R ft with L hand in front of body. R hand to side for first 5 step-hops and reversing hand position for the 2nd Five Step Hops. Then Man takes 10 Step-Hops circling W Clockwise and back to place. (Change of hands occurs after every 5 Step-Hops).  
Woman does the Lezginka steps 10 times fwd with L arm high across body and R to side and 10 times in place with arms extended diagonally downward as Men circle them.

(11-16) - Repeat the step in Figure 1, Part 2, moving CCW.

FIGURE 4 (1-10) - Woman circles M in a CCW direction with 10 pas-de-basque steps. (Leap to side with R, Cross L over R, repeat starting L.) Starting with R ft, then circle M with 10 more pas-de-basque steps, L arm in front of body, R to side, while man does solo step (A) eight times then makes a turn to the L (Complete) and then steps L, & R. Repeat the Solo Step again.

(11-16) - Repeat the step in Figure 1, Part 2, moving CCW.

FIGURE 5 (1-10) Repeat Figure 2 again, Part 1 - (1-10)

(11-16) - Repeat Figure 2 again, Part 2 - (11-16)

FIGURE 6 (1-10) Repeat Figure 3 again, Part 1 - (1-10)

(11-16) - Repeat Figure 3 again, Part 2 - (11-16)

FIGURE 7 (1-10) - While Woman circles Man as in Figure 4, Man performs Solo Step (B) 10 times altogether with much vigor.

(11-16) - Repeat the Step in Figure 1, Part 2, moving CCW.

FIGURE 8 (1-6) - Woman circles Man as in Figure 4, while Man performs Solo Step (B) three times, dropping to one knee at last beat of music. Woman stops and end dance by facing Man.