

LAS ESPUELAS (Mexican) (Continued)

12. Step-Swing and Zapateado. Stamp with the L ft. on the floor, strike R heel on the floor, tap R toe on the floor, stamp on the L ft. Hopping on the L ft. swing R leg fwd. step on the R ft. swinging L ft. back. Repeat 8 times in all. M and W are side by side in this step and execute step in a small circle moving ccw.
13. Repeat Spur Step as noted above in step 8.
14. Exit Step: M in back of W with L side to audience. Shift weight to R foot bending L knee slightly. Shift to L side bending R knee slightly. Keep feet close together and take small steps. Do 20 times and end with stamp L, R. (As dancers move off stage, shuffle step may be used for last part of dance.)

CHERKESSIA

(Palestinian Circle Dance)

Record: Kismot K-105 Sonart M-303

Formation: Single circle, all holding hands throughout the dance.

CHORUS - Grapevine Step - Moving clockwise.
All step forward on R foot toward center of circle and cross R foot in front of L foot. (Leaning forward). Step L to R foot. Step back on R (Leaning backward) Step L, etc. 8 counts.

1. Lift Step - Moving counterclockwise.
Step on R to R, extending L ft. to L - ct. 1
Step L foot behind R foot - ct. 2 - 8 times.

CHORUS - Clockwise.

2. Step-hop - Facing counterclockwise.
Starting on R foot, step-hop (barely lifting free foot etc., 8 times.

CHORUS - Clockwise.

3. Toe Heel - Moving counterclockwise.
Both feet together, turn toes to Right, then to Left ct. 1, 2 - 8 cts.

CHORUS - Clockwise.

4. Forward Kick - Facing inside of circle. All bend backward.
Hop on R kicking L foot forward
Hop on L kicking R foot forward - 16 times in all.

CHORUS - Clockwise.

5. Backward kick - Facing inside of circle. All bend forward.
Hop on R kicking L foot backward
Hop on L kicking R foot backward - 16 times in all.

CHEKKESSIA (Continued)

CHORUS - Clockwise.

6. Crouch step - Facing counterclockwise.
Bodies erect, knees bent into crouch position walking
step forward 8 cts.

End with all standing, holding hands high overhead.

BRANLE A SIX (French)

Formation: Two men, each having a woman on each arm, face each other
about nine feet apart. The men catch their thumbs in
their vests. The ladies hold their skirts with their free
hand.

First Figure: The two groups advance towards each other in the follow
manner:

1st measure	Step forward on left foot Step forward on right foot
2nd measure	Step forward on left foot Hop on left foot
3rd measure	Step forward on right foot Step forward on left foot
4th measure	(The two groups are now almost touching.) As all dancers step forward on right foot, the two men clap each other's hands then all stamp left foot.
5th measure	Step backward on right foot Step backward on left foot
6th measure	Step backward on right foot Hop on right foot
7th measure	Step backward on left foot Step backward on right foot
8th measure	Step backward on left foot Stamp right foot (Repeat all of first figure)

Second figure: On the first measure of the music, each man links his
R arm with R arm of the lady at his right; they walk
around each other; then leaving her he links left
arms with the lady at his left. Then he crosses over
to the lady facing him in the opposite set to his
right, links right arms with her, leaves her and
links left arms with the other lady.
(Four measures of music are used to turn with each
lady.)

Repeat the whole dance and the men will have returned
to their original partners.

BERLET D'Auvergne (French)

From D' Auvergne and other provinces of the Massif Central
Suitable for a large number of dancers and singers.
Minimum of 12 participants.

The whole tempo of the dance is quite brisk and gay. The music
is a well-known folk song "Aupres De Ma Blonde." (Other songs
may be used.)