

# Cherkessiya /Tcherkessia / Cherkessia

## צ'רקסיה

(Israel)

These notes Andrew Carnie © April 30, 2014

This is an old Israeli Dance, probably introduced by Dvora Lapson. Kernerman's notes (linked below) say that this probably originates with Islamic refugees to Palestine from Circassia. There is another newer dance called Cherkessia Kfula, which is completely different from what is noted below

**Music:** Tikvah 138, DC 74527, Hctor HLP4001, **Rhythmically Moving 2**  
[\[http://secure.highscope.org/productcart/pc/viewPrd.asp?idproduct=88&idcategory=199\]](http://secure.highscope.org/productcart/pc/viewPrd.asp?idproduct=88&idcategory=199) .

**Formation:** Circle, either in a back basket or hands down in a V

### The "Cherkessiya Step"

*(found in many Israeli dances)*

ct. 1: Facing center, Rock forward on the R

ct. 2: step back on L (in place from where you started)

ct. 3: Rock back (out of the circle) on the R

ct. 4: Step forward on L (in place).

The left foot stays planted in place while the right foot rocks forward and back.

### Part 1:

bars 1-4, do 4 Cherkessiya steps in place facing center

### Part 2:

Here you do 16 counts of some basic Israeli Steps.

Some suggestions from Ternerman's notes and from Phyllis Weikert's notes (in her book *Rhythmically Moving*), in no particular order.

A: 16 steps of the grapevine to the Left, start by crossing R over L.

B: 16 jumps on both feet in place

C: 8 step hops CCW

D: 16 running steps, with bodies bent at the waist.

E: 16 kicks alternating L then R, in place (Scissors)

F: Swivel heels to the left and to the R 16 times

