

# CHOF SHAKET

(Israel)

Choreographer: Yankele Levy (1977)

Music: Israeli Dances Stockton 2007

3/4 meter

Translation: Quiet Shore

Pronunciation: Hohf Shah-KEHT

Formation: Couples in a circle standing side-by-side, facing CCW. W is on M's right. Inside hands joined and down. Outside foot free. All measures are 3/4 time, and all footwork except in the last measure of the dance are waltz rhythm.

## Part I

Meas.

- 1 One waltz step moving forward (CCW) along the edge of the circle, swinging the joined hands slightly forward. Dancers face slightly away from partner.
- 2 One waltz step moving forward, swinging the joined hands backward and then drop the handhold. M and W turn one-half in the direction of their partner (M to R, W to L) to end facing CCW. Join new inside hands.
- 3 One waltz step moving backward, side by side.
- 4 One waltz step turning 3/4 away from partner (M to R, W to L). Dancers are now facing partner from 2-3 apart, hands free. M's back is to center; W is facing M.
- 5 One waltz step moving backward, away from partner.
- 6 One waltz step moving forward. This waltz should be larger than the prior waltz, so that partners can joined hands across and elbows can be bent.
- 7 One waltz step backing away from partner stretching the arms to the extent the joined hands will allow.
- 8 One waltz step to switch places. Drop M's L, W's R handhold. W walks under the arch formed by the remaining joined hands (M's R, W's L). W turns L about 1/4 to face CW. M raised his R for the W to walk under. He walks behind her into her position, turning about 1/4 to face CW.
- 9-15 Repeat 1-7 above. Movements relative to partner are the same. Couples move CW instead of CCW
- 16 One waltz step to switch places and take ballroom position. Footwork is the same as Measure 8 above, but handwork is different: Release M's R, W's L handhold. As W moves back to outside of the circle of dancers, M raises her R hand with his L hand. Joined hands remained raised until W is on the outside. Take ballroom position.

## Part II

- 1-8 8 waltzing steps, rotating as a couple and moving CCW around the circle of dancers. End with W on outside, M on inside of the circle of dancers.
- 9 M push the W gently at the waist with R hand to assist her to turn R. W turns R one full turn in two steps (R-L), under the joined hands, to face CCW. Touch R next to L. While W is turning, M takes two steps in place (L-R) and touches L next to R. During the touch on the final count, switch to an inside hand hold (M's R, W's L)