

FRAILACHS (Jewish)

The Frailachs (Happy Dance) is a traditional east-European Jewish wedding dance. It was learned by Albert S. Pill from Nathan Vizonsky, noted authority on Jewish dance, who taught it to a dance group at the University of Judaism in Los Angeles. Further refinements of the dance were taught by Benjamin Zemach, director of dance for the University of Judaism.

Music: Record: Colonial LP 120 Side B, track 1 or track 2.

Formation: Cpls in a double circle, all facing RLOD. M is on inside of circle, W to L of M. R hands are joined by means of a handkerchief, formed in a triangular shape with the W holding one corner and the M the other. The handkerchief is held at eye level. The W holds her skirt with L hand while M has L hand behind his back with open palm.

Steps: Strutting Walk, M solo, W solo

M Solo Step: 2/4 time, 2 meas to complete 1 step.

Step to side on R ft (ct 1), step L ft next to R (ct 2), step to side on R ft (ct 1), raise and lower R heel with accent (ct 2). Repeat beg L. Hands are down at the sides and away from body, as if holding the bottom ends of a frock coat (caftan). Knees are bent and body is tilted slightly bwd. *Step close to floor*

W Solo Step: Make about 1/8 turn to R by twisting hip and heels to L, toes turned out to R (ct 1), twist hip and heels to R to straighten body and again face front (ct 2). Handkerchief is held at corners, about eye level. *Bend knees + feet R. + L.*

Measures
2/4

Pattern

I. WALK IN RLOD

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|------|-------------------------------------------------------------------------------------------------------------------------------------|
| 1-2 | Cpls walk fwd in RLOD with 4 Strutting Walk Steps beg R. This step is a light walking step with a slight suggestion of a bounce. |
| 3 | W step R (ct 1) and swing L across R (ct 2);
M step R (ct 1) and flick L ft fwd from the knee, keeping ft close to floor (ct 2). |
| 4 | W step L (ct 1) and swing R across L (ct 2);
M step L (ct 1) and flick R ft fwd from the knee, keeping ft close to floor (ct 2). |
| 5-16 | Repeat action of meas 1-4, Fig I. |

II. WALK AROUND AND W SOLO

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|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1-3 | Ptrs face twd each other with handkerchiefs still joined in R hands, held at eye level, bodies are tilted away from each other to the L, but R hips are closer together. Cpls move in own circle CW with 6 Strutting Walk Steps. |
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FRAILACHS (cont)

- 4 Do 2 Strutting Walk Steps, bending bodies slightly from waist, and changing handkerchief to L hands.
- 5-8 Ptrs circle CCW with 8 Strutting Walk Steps. Bodies tilted away from each other to R, but L hips are closer together.
- 9 W take corners of handkerchief and move into ctr with 4 walking steps. M lift R leg (ct &), stamp R (cts 1, &, 2).
- 10-15 W do 6 W Solo Steps in ctr of circle, while M continue action of meas 9 (Fig II), on outside of circle, facing ctr.
- 16 W back up to outside of circle with 4 walking steps. M continue action of meas 9 (Fig II).
- III. M SOLO *inside circle*
- 1-2 M move fwd and to the R into the ctr of circle with 1 M Solo Step.
- 3-4 All M now in ctr of circle, move to L with 1 M Solo Step beg L.
- 5-12 M continue moving to R and to L alternately with 4 more M Solo Steps.
During meas 1-12, W do a more subdued W Solo Step on outside of circle.
- 13-16 M turn 1/2 turn to R to face ptr, join handkerchief in R hand, and circle CW with 8 Strutting Walk Steps to end in beginning pos, ready to begin dance over again.

Presented by: Al Pill