

# CHOLAT AHAVA (Lovesick)

Israel

RECORDING: Cholat Ahava (Lovesick) *Shirley Tzafri*. Version for dancing.

FORMATIONS: Couples in Varsouvienne hold facing LOD (CCW around room). Follower's part could be danced solo. Also could be done as a mixer (see Fig E., meas 1).

CHOREOGRAPHER: Avi Levy, 2003.

METER: 4/4

INTRODUCTION: Instrumental, begin dance with singing.

Measure     FIG. A: *Promenade*. Both start on the R foot.

- 1            Swivel to R as step R (ct 1), touch L tog (ct 2). Swivel to L as step L, touch R tog (cts 3-4).
- 2            M drops R arm, lifts L arm, and walks fwd R, L (cts 1-2) as W turns CW in 2 steps R, L. Both cha-cha (quick-quick-slow) R, L, R (ct 3&4) as return to Varsouvienne hold.
- 3-4        Repeat meas 1-2, with opp ftwk: L, touch, R, touch, turn CCW under R arm, and cha-cha L,R,L. Rhythm during Fig A is SS,SS,SS,QQS (slowest part).

FIG. B: *Sway and Loop Left*.

- 1            Both step/sway R (ct 1), step/sway L (ct 2). M lifts both arms (don't let go!) and steps R, L turning in place  $\frac{1}{4}$  CCW to face center (ct 3-4) while W turns  $\frac{3}{4}$  CCW crossing in front of M in 2 steps R, L. End facing ptr with crossed-arm hold.
- 2            Both: Right back yemenite (quick-quick-slow): step back R, back L tog, fwd R (ct 1&2). Big step/sway L in front of ptr (ct 3). Drop R hds retaining L hds low as loop left: step R (ct 4).
- 3            Continue circling: walk L (ct 1), walk R (ct 2), cha-cha L, R, L (ct 3&4).
- 4            Both step/sway R sweeping R arm out (ct 1). Both step L, R, L turning CCW: M raising L arm as W spin/tucks into Varsouvienne hold (ct 2-4), end facing LOD the first time only, thereafter, turn  $\frac{1}{4}$  more to face center.

Rhythm during Fig B is SS,SS,QQS (not as slow).

First time only: repeat Figs. A&B, then, facing center, go on to Fig. C.

FIG. C: *Jump, Triangles and Twist.* (C for Climax: busiest part of the dance, but most fun!)

- 1 Both jump wide-stance (ct 1), 2 hops on R as L swings behind (ct 2&), step L behind (ct 3), step R to R (ct &), cross L in front (ct 4) to complete first triangle, hold L as start to swing R around to front. Rhythm is SQQ, QQS.
- 2 2nd triangle: step R in front (ct 1) step back L (ct &), step R to R (ct 2), fwd L (ct &). Close R (ct 3), twist heels quickly R&L (ct &4), as if celebrating! Rhythm is QQ,QQ,QQS.

FIG. D: *Rock and Separate.* (Short “bridge between two seas”, Fig Cs that is.)

- 1 Step R to R (ct 1), cross L behind (ct 2), step R in place (ct &), same to left: step L to L (ct 3), cross R behind (ct 4), step L in place (ct &). Rhythm is SQQ,SQQ.
- 2 M lifts both arms (don't let go!) and steps R, L turning in place  $\frac{1}{4}$  CW to face LOD (ct 1-2) while W turns  $\frac{3}{4}$  CW in 2 steps R, L. End facing ptr with crossed-arm hold (as in Fig.B-1). Rock back R and fwd L (ct 3-4). Quick stamp/scuff R without weight near L (ct &). Drop hds to separate. Rhythm is SS,SQQ.

Repeat FIG. C: *Jump, Triangles and Twist.* Solo: M moves out, W moves into center.

FIG. E: *Turn and Loop Right.* (E for Ending)

- 1 As in Fig D: Step R to R (ct 1), cross L behind (ct 2), step R in place (ct &), but don't do same to left! Both CCW 2-step full turn towards (next) ptr L, R (ct 3-4). To progress: M move diag. L fwd in LOD to next ptr while W move diag. L fwd in RLOD to next ptr. Rhythm is SQQ,SS.
- 2 Begin a loop right taking R hds low: cha-cha L, R, L (ct 1&2), walk R (ct 3), walk L (ct 4). Rhythm is QQS,SS.
- 3 Continue circling: cha-cha R, L, R, (ct 1&2), then both step L, R, L (ct 3&4): M raising R arm as W spin/tucks CW into Varsouvienne hold. Rhythm is QQS,QQS. End facing LOD ready to repeat dance 2 more times.

SUMMARY: AB,ABCDCE, ABCDCE, ABCDCE [Notes by Yvonne Couvillion, July 2009]

## **CHOLAT AHAVA (Lovesick)**

Lyrics translation:

Like the stream of water that flows through me  
Like the sky that takes care of me  
Like the heat of the wind that blows on my back  
the light of the soul in me.

Like a big light that directs me  
As a diamond that sparkles only for me  
Like butterflies in my stomach  
Me and him. Him and me.

Chorus:

Like an apple among the forest trees he is among the boys.  
If he'll come to my garden, I'll eat from the fruit.  
Like an apple among the forest trees he is among the boys.  
If he'll come to my garden, I'll tell him I'm lovesick.

Like a ray of sun drunk from the light  
Like a burning sun on the frozen top of the mountain  
Like all the eternal happiness  
Me and him. Him and me.