

ABBREVIATIONS and STEP TERMINOLOGY

R	- right	ft	- foot
L	- left	ccw	- counter-clockwise
fwd	- forward	LOD	- line of direction
bkwd	- backward	rpt.	- repeat

YEMENITE STEP (with r ft.)

1. Step on R ft. to R.
2. Step on ball of L ft beside R heel
3. Cross R ft in front of L ft
4. Hold

One step to $\frac{1}{4}$ note. Complete combination - 4 beats

YEMENITE STEP (with L ft.)

1. - 4 Reverse footwork on Yemenite step with R. ft.

GRAPEVINE STEP OR MAYIM STEP (Can also begin with L. ft.)

1. Step on R. ft., crossing it over L ft.
2. Step on L. ft. to L side
3. Step on R ft. behind L ft.
4. Step on L ft. to L side

Step combination - 4 beats

TCHERKESSIA STEP

1. Step on R. ft. fwd.
2. Step on L ft. in place
3. Step on R ft. bkwd
4. Step on L ft. in place

One step per $\frac{1}{4}$ note. Complete combination - 4 beats

This step can be done in place. It can also travel sideways with a forward and backward movement.

DEBKA JUMP

Jump with both feet together in place twice. First jump, turn toes to right or left. On second jump, face front again. One jump per $\frac{1}{4}$ note.

HARMONICA STEP

Left foot crosses in front of right foot, body turns to R and hips move slightly forward; step back in place with right foot, keeping body turned to R. Step on left foot bringing it close to right foot while turning body to fact front; hop on left foot turning body to left side.

Can be done to either side. One step per $\frac{1}{4}$ note: Complete combination equals 4 quarter notes.

STEP - BEND (Walk)

Step forward with right foot, bend both knees and at same time lift the left foot. Steps are small and elastic. Sometimes the hands are clapped during the bend. Step on quarter note, bend comes on "and".

BAT TSURIM

(Girl from the Rocks)

Dance: Yoav Ashriel

Music: Levy

Formation: Couples in a circle, girl on man's right, facing centre.
Both start with the same foot.

PART ONE

- 1 Leap on R to right side
- 2 Close L to R
- 3-4 Bend both knees and clap twice
- 5-16 Repeat 1-4 three more times
- 17 All join hands and face CCW. R fwd. (stamp)
- 18 Pause
- 19 Brush L. Fwd
- 20 Hop on R
- 21-24 Run 4 steps fwd, LRLR. On last step make $\frac{1}{2}$ turn to left side facing CW
- 25-32 Reverse 17-24
- 33-36 Face circle centre, 4 running steps fwd, RLRL, raising arms gradually
- 37-40 4 running steps bwd. RLRL, lowering arms gradually
- 41 Release hands. R in place (stamp)
- 42 Pause
- 43 L in place (stamp) and at the same time turn to face partner (man faces CCW, girl CW)
- 44 Pause

PART TWO

- 1-16 Repeat steps of 1-16 PART ONE. On each leap move a $\frac{1}{2}$ turn to right side, both moving CCW and facing each other all the time. End up in original places but with left shoulders next to each other, girl facing center, man with back to center.
- 17-24 Same steps as 17-24 PART ONE, partners move away from each other, girl into center of circle, man away from center.
- 25-32 Same steps as 25-32 PART ONE, both returning to place with R shoulders next to each other, right arm around each other's waist left arm extended upward.
- 33-40 Pivot eight steps CW, starting R
- 41-44 Same steps as 41-44 PART ONE. Release arms and face center of circle. End up in beginning position.

FESTIVAL VARIATION

You may wish to keep part 1 only, and do dance in one circle

CHAG ASOR (Horat Hasor)

Translation: Tenth Anniversary Holiday
(Dance created in celebration of 10th birthday of State of Israel)

Dance: Tamar El-Yagor

Formation: Lines in a simple hold
Move C.C.W.

Part A

<u>Meas.</u>	<u>Cts.</u>	
1	1-4	4 running steps fwd, L,R,L,R
2	1-2	Sway L, R
	3-4	Step hop fwd w/L, raise R knee
3-4		Rpt. meas. 1-2 w/opp ftwk
5-8		Rpt. meas. 1-4 once more

Part B

1	1-2	Step L to L, hold
	3-4	Step w/R to R, cross L over R
2	1-2	Rpt. meas. 1, cts. 3-4
	3-4	Yem. w/R
3	1	Close L to R, bounce on both
	2-3	2 Bounces on both ft
	4	Bounce on L while raising R
4	1	Stamp fwd on R
	2	Step fwd on R, lift L behind w/bend knee
	3	Step back on L
	4	Close R to L
5-8		t. meas. 1-4, Part B

TCHERKESSIA

D.C. 74527 - 45 R.P.M

COUNTRY: Israel

RECORD: Tikvah 138
Hector HLP 4001

Dvora Lapson describes this as a dance for men, originating with Mohammendan tribesman who, seeking freedom, went to Palestine and Syria from Russia at the end of the 19th Century. Other authorities claim they were of the Christian faith, but all are agreed that they were expert horsemen, and that this dance suggests the movements of the horses and their riders. While the dance may seem long and complicated at first glance, it is quite easy to do, and most enjoyable, even for beginning dancers.

Formation: This dance may be done facing lines of dancers. The commoner formation today is a single circle facing in, with hands joined, or arms extended behind neighbors' back, gripping hands of the next neighbors.

TCHERKESSIA STEP

1. Step on R ft. fwd.
2. Step on L ft. in place
3. Step on R ft. bkwd.
4. Step on L ft. in place

One step per $\frac{1}{4}$ note. Complete combination - 4 beats.

This step can be done in place. It can also travel sideways ~~to the left~~ with a forward and backward movement

CHORUS

1 - 16 : 4 Tcherkessia steps, start R. Moving C.W.

PART ONE

1 - 32 : Step on R. to right side, L. crosses behind R and repeat 7 more times.

PART ONE can be changed at will. A few suggestions:

Face CCW 16 jumps on both feet
 8 step-hops, start R
 16 running steps, start R. body bends down
 16 hops on one foot

Dancers in the circle improvise movements for this part of the dance. At first, perhaps the teacher may give a few ideas to get them started.

DEBKA KAFRIT (VILLAGE DEBKA)

DANCE: Yaacov Levy

MUSIC: D. Carmel

RECORD: Dancecraft LP 123301, Side A, Band 1

FORMATION: Line. Hands joined and held down. All facing to R.

CHORUS: Knees are relaxed, slightly bent.

1 - 8: Four stamps with L ft. beside R ft.

9 - 12: Counts 9-12 done is zig-zag pattern.

Step with L ft. diagonally fwd. to L (Count 9)

Bring R ft. alongside of L ft. (Count 10)

Brush R ft. out from L ft. in semi-circle and step diagonally fwd. to R (Count 11).

Close L ft. to R ft. with stamp (Count 12).

13 - 32: Repeat counts 9-12 five more times.

FIGURE I - Knees slightly bent.

1: Stamp with L ft. to L side.

2: Hold

3: Close R ft. to L ft. heavily.

4: Hold

5 - 12: Repeat 1-4 two more times.

13: Hop on L ft. to R.

14: Hop on L ft. to R.

15: Jump on both ft. with bent knees.

16: Hold

17 - 32: Repeat Figure I, once more.

Repeat Chorus.

FIGURE II

1: Moving to L, drop onto L ft. raising R knee.

2: Hold

3: Close R ft. to L ft. and straighten knees

4: Hold

5 - 12: Repeat 1-4 two more times.

13 - 16: As in Figure I, counts 13-16.

17 - 32: Repeat Figure II, once more.

Repeat Chorus.

FIGURE III

1: Stamp to L on L ft. with bent knee and at the same time, swivel on ball of R ft. with bent knee in towards L leg.

2: Hold

3: Close R ft. to L ft. and straighten knees

4: Hold

5 - 12: Repeat 1-4 two more times

13 - 16: As in Figure I, counts 13-16.

17 - 32: Repeat Figure III, once more.

Gather together villagers,
and we will dance,
And be happy,
And burst forth in song.
Because our toil has borne fruit,
We have been blessed.
What we have sown with tears
We have reaped with joy.

Reprinted from instruction booklet accompanying the record "Dance Israel".

Presented by Teme Kernerman at the College of Education Folk Dance Workshop,
November 30, 1968.

DEBKA LAHAT (MECHOL HALAHAT)

DANCE: Jaacov Levy
MUSIC: Ami Gilad
RECORD: Tikvah 69
NATIONALITY: Israeli
FORMATION: Lines, all facing front; join hands. Dance is very relaxed.


FIGURE I

1 - 3 Walk 3 steps to R (R, L, R).
4 Turn to L. Bend L knee and raise leg off floor.
5 - 16 Repeat 1 - 4 with opposite footwork three more times.

FIGURE II

1 Step on R
2 Bend L leg, push foot forward in air without straightening leg.
3 - 4 Step behind with L, sideward with R, cross L over R.
6 - 7 Push R foot in air (as in count 2) twice.
8 - 9 Repeat counts 3 - 5.
10 - 16 Repeat counts 1 - 9 with opposite footwork.

FIGURE III

1 Step diagonally forward with L foot to L.
2 Step diagonally forward with R foot to R.
3 Step diagonally forward with L foot to L.  Knees slightly bent.
4 Bring R leg behind L (calf height). Rise up on L leg.
5 - 6 Step backward with R, L.
7 Step sideways to R, step sideways to L.
8 Close R foot to L.
9 - 16 Repeat counts 1 - 8 of figure III.

ENDING: Stamp on L foot. Body turn to L.
Repeat dance from beginning.

EL GINAT EGOZ

Dance: Sara Levy

Record:

Music: Sara Levy

Formation: Couples. Face centre of circle or scattered formation with everyone facing front. W. to the left of M. and in front of him. R. hands are joined. M. extends R hand palm up, bent so that L. hands are at shoulder level and to the side. Thumbs and forefinger of L. hand touch. Other fingers are straight up. R. hands are not released throughout the dance.

- 1-2 Step on R. to R. side
- 3 Brush L. in front of R.
- 4 Hop on R
- 5-6 Step L. across in front of R.
- 7 Close R. to L.
- 8 Bend knees slightly
- 9-14 Repeat 1-6
- 15 Step R. diag. behind L.
- 16 Step L. to L. side
- 17-18 Step R. across in front of L.
- 19 Close L. to R.
- 20 Bend knees slightly

21-26 Repeat 15-20

With the next 12 counts, partners complete 1 circle, moving CW and returning to own place.

- 27 Step bkwd on L.
- 28 Step fwd on R. and bend knees
- 29 Close L. to R., no weight
- 30 Hold
- 31-38 Repeat 27-30 two more times
- 39-44 M. faces centre of circle (or across R. arm)
W. has back to centre of circle (or across R. arm)
Repeat cts. 1-6
- 45-50 Repeat 15-20 returning to original position

Dance: by Yo'av Ashriel, Israel

Record:

HI 30010 LP preferred
or 45 RPM

Formation: Circle - dancers face centre, hands joined.

Part I Circle moves both clockwise and counterclockwise.

1. Step with right foot to right side
2. Cross with left foot in front of right foot
3. Step on right foot backward to move clockwise
4. Step on left foot to left side
5. Cross with right foot in front of left foot.
6. Step on left foot to left side
7. Cross with right foot in front of left foot
8. Hold.
9. Step on left foot backward, starting to move counterclockwise.
10. Step on right foot to right side to move counterclockwise.
- 11-14 Grapevine beginning with left foot in front of right foot.
15. Cross with left foot in front of right foot
16. Hold
- 17 - 32 Repeat 1 - 16

Part II Dancers face centre, drop hands.

- 1 - 3 Every dancer turns in place clockwise beginning with right foot and ending on right foot facing centre of circle.
4. Cross with left foot in front of right foot.
5. Step on right foot backward.
6. Step on left foot to left side.
7. Cross with right foot in front of left foot
8. Step on left foot backward
- 9 - 16 Repeat 1 - 8, end with right shoulder toward centre facing clockwise.

Part III Dancers face clockwise, move into and out of centre.

1. Step on right foot to right side, towards centre (straight knee)
2. Cross with left foot in front of right foot (knee bent as in a buzz step)
- 3 - 6 Repeat 1 - 2 twice more (left shoulder towards centre on 6th step, on soft knee)
7. Step on right foot backwards, (straight knee, on ball of foot) moving away from centre
8. Step on left foot to left (straight knee, on ball of foot)
9. Cross with right foot in front of left foot (soft knee)
10. Step on left foot to left side (straight knee)
- 11 - 14 Repeat 9 - 10 twice more (face centre and back to place on count 14 - prepare for turn)
- 15 - 16 Each dancer turns in place clockwise, a full turn beginning with right foot.

Presented by Ivy Krehm as taught by YO'AV Ashriel, 1962.
 Directions reprinted from Y.M.H.A. - F.D. 1962 Israel Workshop.

HOPPA HEY

Dance: Rivka Sturman

Words and Music: Naomi Schemer

Record: HED ARZI MN 529

Formation: Lines of 3 to 5 people standing side by side, facing CCW. Hands joined and down.

Part I Melody A - 4/4 meter

Meas.	Count	
1	1 - 4	Four light running steps fwd., r,l,r,l.
2	5 - 6	Step hop with rt. foot, crossing over left.
	7 - 8	Step hop left foot, crossing over right.
3	9 -12	Four running steps fwd., r,l,r,l.
4	13	Light stamp on right foot.
	14	Jump on left ft., kicking right ft. back.
	15	Jump on right ft., kicking left ft. back. (Counts 14-15 are scissor kicking steps)
	16	Step forward with left foot.
5-8	17-32	Repeat measures 1-4, counts 1-16.

Part II Melody B - 4/4 meter

RELEASE HANDS - Face centre. Stand one behind the other.

1-2	1	Step on right foot to the right.
	2	Hold. Clap hands over right shoulder.
	3-5	Turn left with three steps l,r,l moving CW, to end facing clockwise, standing side by side.
	6	Hop on left foot.
	7	Facing CW, step forward on right foot.
	8	Step on left foot, turning $\frac{1}{2}$ turn right (CW turn) to end facing CCW. Join hands.
3-4	9-16	Repeat part I, measure 3-4
5-8	17-32	Repeat part II, measures 1-4, counts 1-16

REPEAT DANCE FROM BEGINNING

(Dance description by Kenneth Spear. Approved by - Rivka Sturman on her visit to the United States 1965)

HORA (ISRAELI)

Record: Tikva 69 or any Hora Melody

Originally, the Hora is a Balkan dance done in all Balkan countries in a variety of ways.

It is a simple, energetic dance that can continue for hours. A dance for everyone and for any number of people. It was this dance that the Roumanian Jews brought with them when they came to settle in Palestine at the end of the last century. However, it was natural that the dance change in its new environment and be influenced by the new society and new way of life.

There are many melodies to which the Hora can be danced and many melodies are played and sung during the course of the dance: two very well-known melodies are Tzeena and Hava Nagila. Often, the music will stop and the silence is broken only by the rhythm of dancing feet until someone will begin chanting or singing again and so the dance continues.

I have notated the old version of the Hora as it used to be danced and a few variations of the Hora as it is danced today in Israel. Over the years, the style has changed and become bouncier and lighter, as opposed to the previous leg swinging and vigorous stamping.

FORMATION: Circle, all facing centre. Any number of dancers. Hands on shoulders. If there are enough dancers, you may have 2 or 3 concentric circles moving in the same or opposite directions. If there is only 1 circle, move CW. The dance usually begins by standing and swaying to the rhythm.

OLD VERSION

- 1 Stamp with L. ft. to L. side
- 2 Cross R. ft. behind L. ft
- 3 Step on L. ft
- 4 Swing R. ft across L. ft
- 5 Step on R. ft
- 6 Swing L. ft across R. ft

VARIATION 1

- 1 Run to L. with L. ft
- 2 Run to L. with R. ft
- 3 Step on L. ft
- 4 H p on L. ft
- 5 Step on R. ft
- 6 Hop on R. ft

VARIATION 111

- 1 - 2 Same as 1 - 2 of Var. 1
- 3 Jump on both feet
- 4 Hop on L. ft
- 5 Jump on both feet
- 6 Hop on R. ft

VARIATION 11

- 1-2 Same as 1 - 2 of Var. 1
- 3-4 3 quick steps in place L.R.L
- 5-6 3 quick steps in place R.L.R.

VARIATION 1V

- 1-2 Same as 1 - 2 in Var. 1
- 3 Jump on both feet
- 4 Hop on L. ft
- 5-6 3 quick steps on place R.L.R.

Notated by Teme Kernerman

HORA AGADATI

Music - U. Boskovitz
Dance - Baruch Agadati
Record - Israel Music
Foundation IMF-115
Folkraft 1111

Baruch Agadati was born in Roumania. He studied ballet in Russia and later immigrated to Palestine. This dance was influenced by the Roumanian Hora and the Russian ballet. The melody is taken from a Moldavian folk tune. The dance was taught in 1924 to a young group of actors who called themselves "OHEL". In the course of years the melody and dance form changed and developed. The original version consisted only of Part B - and Part A was added in 1944 when it was performed in the first Palestine Folk Dance Festival at Kibbutz Dahlia.

FORMATION: Circle, move counter-clockwise.

Part A. Hands joined and held down.

1-4 Four running steps to R. beginning with R. foot.

5 Jump with feet together to Left.

6 Jump on both feet to Right.

7-8 Repeat 5-6

9-32 Repeat 1-8 three more times.

Part B. Hands on shoulders

1 Leap backwards to the right and onto the right foot. Body leaning to the right.

2 Extend the left leg diagonally forward, knee straight and touch the left heel to the floor.

3-4 Three steps in place (L ,R ,L) Bend body slightly forward .

5-8 Repeat 1-4

9 Jump with feet together to left. Body erect.

10 Jump with feet together to right. Body erect.

11 Leap onto left foot.

12 Stamp forward (to centre of circle), Body bent forward.

13 Step on left foot in place, Body erect.

14 Step on right turning body to right.

15-16 Three light stamping steps L ,R ,L. Body bent slightly forward.

17-32 Repeat Part B. 1-16

Joy within our hearts is dancing
And our feet are keeping time.
Thus in our land we will be dancing
Oh 'tis good to be alive!

HORA BIALIK

Record: Dancecraft 123301 from Canadian F.D.S., 605 King Street West, Toronto
Dance: Yoav Ashriel
Music: Chassidic Folk Melody

Formation: Hands joined and held down

Figure I Face C.O.C. Centre of circle

- 1 - 2 Step bend on L ft. slightly crossing over R ft.)
Body is slightly bent fwd.) Rocking motion
- 3 - 4 Step bend on R ft. to R side, straightening body)
- 5 - 20 Repeat counts 1-4, four more times

Figure II Move C.C.W.

- 1 - 3 Three stamps fwd. beginning with L ft. Body is slightly bend fwd.
- 4 Hold
- 5 Stamp on R ft. to the R side, turning to face C.O.C. Straighten body
- 6 Cross L ft. behind R ft.
- 7 Stamp on R ft. to R side
- 8 Hold
- 9 - 16 Repeat counts 1 - 8

Figure III - Box step

- 1 - 4 Two step bends beginning with L ft. Move towards C.O.C.
- 5 Cross L ft. over R ft. (Moving to R))
- 6 Step on R ft. to R side) Knees relaxed. Turn slightly
- 7 Cross L ft. over R ft.) to R
- 8 Hold
- 9 - 12 Two step bends beginning with R ft. Moving bkwd. out of circle
- 13- 16 Same as Counts 5-8 (opposite feet and moving to L)
- 17- 32 Repeat Figure III

Note: Chain Nachman Bialik was a famous Hebrew poet. The music used for this dance is "Nigun Bialik" (Bialik's tune), an old Chassidic folk melody.

HORA CHASSIDIT (ISRAELI)

Dance: Rivka Sturman
Music: Folk
Record: Tikvah T-140; Hed Arzi MN 581

FIGURE I

Counts

- 1 - 4 Grapevine step (cross L ft. in front of R ft.; R ft. to the R side; cross L ft. behind R ft.; R ft. to the R side)
- 5 L crosses in front of L Ft.
- 6 R ft. to R side
- 7 Step with L ft. to the L (Sway) } Face Centre*
- 8 Step with R ft. to the R (Sway) }
- 9 - 12 Grapevine step as in cts. 1 - 4
- 13 - 14 Step bend L to L side. Arms raised
- 15 - 16 Step bend R to R side. Arms raised
- 17 - 24 Repeat cts. 1 - 16 two more times

FIGURE II Face CCW.

- 1 - 4 Run 4 steps fwd. L, R, L, R.
- 5 - 6 Two polka steps (LRL, LRL)
- 9 - 32 Repeat cts. 1 - 8 three more times
- 33 - 36 Four running steps towards centre of circle LRLR. Lift arms gradually.
- 37 - 40 Two polka steps (LRL, LRL) Snap fingers twice.
- 41 - 48 Repeat cts. 33 - 40 but moving bkwd. out of the circle.

HORA HABIKAH - ISRAELI

DANCE: YONATHAN GABAI

RECORD: JIMMY JONES ID-1011

FORMATION: Circle.

PART I Face centre, arms down.

- 1-2 Balance step in place to R (R, L, R).
- 3-4 Balance step in place to L (L, R, L)
- 5-6 Step sideways to R. Close L to R.
- 7-8 Repeat counts 5-6.
- 9-16 Repeat counts 1-8 three more times.

PART II Moving CCW

- 1-2 Step-hop on R ft. (L knee lifted FWD and bent)
- 3-4 Moving CCW, step together step (L, R, L)
- 5-8 Repeat counts 1-2 three more times.

PART III Moving CCW

- 1-4 Mayim step to R.
 - 1. Step with R ft. to R side.
 - 2. Cross L ft. in front of R ft.
 - 3. Leap onto R ft. to R side. Raise arms.
 - 4. Cross L ft. behind R ft. Lower arms.
- 5-16 Repeat counts 1-4 three more times.

PART IV Face centre, arms down. Figure is done in place.

- 1 Leap onto R, kick L back
- 2 Leap onto L, kick R back
- 3 Leap onto R, kick L back
- 4 Leap onto L, kick R back

HORA MEDURA
(Israeli)

DANCE: Yoav Oshriel
MUSIC: Yoel Valbeh

RECORD: Karmon, Songs of
Sabras - VRS9069

FORMATION: Single circle, hands joined.

PART I Facing centre, moving CCW.

- 1 Step to R side on R foot.
- 2 Close L foot to R foot,
- 3 - 8 Repeat the Count 1 - 2 sliding step 3 more times. (4 in all).
- 9 - 12 4 running steps into centre, beginning with R foot, raising hands.
- 13 - 16 4 running steps backwards - away from centre, hands down.

Repeat Part I

PART II Moving CW.

- 1 - 4 Take 1 "Mayim" step beginning with R foot crossing in front of L foot.
- 5 - 8 Facing CW., with upper body bent, take 4 stamping steps moving CW.
beginning with R foot.
- 9 - 12 Same as 1 - 4.
- 13 - 14 In place, with erect body, stamp with R foot next to L foot, and hold,
face CW.
- 15 - 16 Same as 13 - 14.

Repeat Part II

Presented by Ayalah Gorenstein, YM-YWHA Israely Workshop
Jan. 15 - 17, 1965.

ROUMANIAN HORA
(Triple Hora)

RECORD: Folkraft 337 - 010

FORMATION: Broken circle - leader at right end - hands held down.

PART I Moving to the right, do 8 grapevine steps:

- ie. - cross left foot in front of right - step to right with right foot
- step left foot behind right foot - step right foot to the right.

PART II Step to the right, step left foot behind, step to the right and swing
left foot across.
- repeat same to left. (8x)

PART III Place left heel forward - transfer weight back to left foot and place
right heel forward. (and 1 and 2)
Then same movement with left heel, right heel, left heel, right heel.
(and 1 and 2 and 3 and 4)

Repeat the above series 4x.

HORA TEMAN (YEMENITE HORA)

DANCE: YAACOV LEVY

MUSIC: YEMENITE

RECORD: FTS 3043; IFC 1

THE DANCE IS ISRAELI BUT ITS STYLE AND STEPS ARE TYPICALLY YEMENITE. THE KNEES ARE VERY RELAXED AND THE STEPS ARE EXECUTED WITH A FLAT FOOT AND ARE RATHER BOUNCY. THE DANCE DOES NOT END WITH THE MUSICAL PHRASE.

FORMATION: LINES OF 4-5 PEOPLE. HANDS ARE HELD WAIST HIGH, BENT AT THE ELBOWS AND FORWARD WITH THE LEFT HAND OVER THE RIGHT HAND OF YOUR NEIGHBOUR. LINE MOVES TO THE RIGHT.

INTRODUCTION: DONE ONCE AND ONLY AT THE BEGINNING OF THE DANCE.

- 1-2 STEP WITH RFT TO R. BEND KNEE.
- 3-4 CLOSE LFT TO R. BEND KNEE.
- 5-6 TOUCH LFT FORWARD (WHOLE FT). BEND KNEE.
- 7-8 BRING L FT TO R. BEND KNEES.
- REPEAT 9 TIMES ALTOGETHER.

DANCE

FIG. 1 FACE FRONT

- ~~1-2~~ 1 STEP ON L FORWARD
- ~~3-4~~ 2 LEAP FORWARD ON R
- 3 STEP FORWARD ON L ONTO BENT KNEE (FAIRLY LOW BEND BUT NOT TO FLOOR)
- 4 HOLD
- 5-8 YEMENITE STEP TO R MOVING OUT OF CIRCLE
- 9-12 YEMENITE STEP L MOVING OUT OF CIRCLE
- 13-14 TURN TO R WITH TWO STEPS (RL). ARMS ARE HELD UP. SNAP FINGERS.

FIG. 2 FACE FRONT. JOIN HANDS AS IN BEGINNING.

- 1-2 STEP TO R, STEP TO L
- 3-4 HOLD, BEND L KNEE AND LIFT R LEG WITH BENT KNEE FORWARD AND SLIGHTLY ACROSS L
- 5-8 CROSS R OVER L, L TO L SIDE, CROSS R OVER L, HOLD. MOVES TO L
- 9-16 REPEAT 1-8 BUT WITH OPPOSITE FEET, MOVING TO R RIGHT.
- 17-18 STEP BACK ON R FT WITH BENT KNEE. HOLD
- ~~19-20~~
- 19-20 STEP FORWARD ON LFT WITH BENT KNEE. HOLD
- 21 STEP BACK ON R FT WITH BENT KNEE AND A DIP
- 22 STEP FORWARD ON LFT WITH BENT KNEE
- ~~23-24~~
- 23 CLOSE RFT TO LFT.
- 24 HOLD

THE DANCE WITHOUT THE INTRODUCTION WHICH IS DONE ONLY IN THE BEGINNING REPEATS AND REPEATS UNTIL THE MUSIC FINISHES.

PRESENTED BY TENE KERNERMAN AT ONTARIO FOLK DANCE CAMP 1971

KORIM LANU LALECHET
(Calling Us To Come)

Israeli

RECORD: I Remember - Hadarim 1V

FORMATION: Circle, hands joined low

PART 1:

- 16 cts. - introduction
- 1-4 - Moving CCW run forward R,
cross L over R, jump on both feet (apart) facing centre
step L
- 5-8 - Drop hands and turn once CW with 2 running two-steps
- 9-16 - Repeat 1-8

PART 11: Face centre of circle and describe a square moving in, CW, out and CCW

- 1-4 - 2 step hops to the centre, (right then left)
- 5-8 - run CW crossing right foot over left, run left and step hop
with right.
- 9-12 - run backwards out of circle with left, right and step hop L
- 13-16 - run CCW with R - L then jump on both feet (apart) step L
- 17-32 - Repeat 1-16

PART 111: Moving to Centre of Circle

- 1. - Hop on left and touch right heel to floor crossing it in front
of left foot (twist body)
- 2. - Step on right lifting left foot backward with bent knee
- 3-4 - Repeat 1-2 reversing footwork
- 5-8 - Repeat 1-4
- 9-16 - Double cherkassiya starting with right foot crossing over left
Turn CW twice moving diagonally back to circumference of circle.
- 17-18 - Jump on both feet, hop R (1/2 turn - face out)
- 19-20 - Jump on both feet hop L (1/2 turn - face in)
- 21-24 - Repeat 17-20
- 25-32 - Double cherkassiya starting with right foot crossing over left.

KI HIVSHILU ESHKALOT

DANCE: Moshiko Halevi
MUSIC: Nissan Cohen Mehamed
RECORD: Hadarim LP 3

FORMATION: Circle, hands joined and down.
Dance structure: 2 parts, first has 2 sections.

PART I - section 1 - face center

1-4 Yemenite step R. hop on R. foot on count 4.
5-8 Like 1-4, with L. foot, on the hop on L. foot, turn L and bend body slightly.
9 Stamp R. foot in front of L. raising L. foot, body slightly bent.
10. Step on L. foot.
11. Hop on L. turning to R. Straighten body.
12. Leap on R. foot turning to R. bend body slightly.
13-16 Like 9-12 on L. foot, ending face to center.

Section 2

17. Shift weight to R. foot bring it towards center. Face center.
18. Step backward on L. foot. Making half turn ending with back to the center.
19-20 Step-hop on R. foot forward - away from center.
21-22 Two running steps - L. foot, R. foot away from center.
23-24 Step-hop on L. foot (outside)
25-32 Like 17-24 beginning with R. repeat 17-24, turning to face center and moving towards it.

PART II - Circle, hands on shoulders

1-4 2 pas-de-bas: (RLR; LRL)
5-6 2 running steps to R. still facing front. R. foot L. foot.
7-8 One pas-de-bas with R. foot. (RLR)
9-16 Like 1-8 to L. side beginning with L. foot.
17-32 Repeat 1-16.

KULU RAGLAYIM

ISRAELI

Record: Debka Israeli Folk Dances Tikva Records T100

Formation: Couples in circle, girl on boy's R side. When partners separate, hands move freely with the spirit of the dance.

FIGURE I

Part I Dancers move CCW, facing centre.

- 1 - 8 8 leaps in place from one foot to the other, swaying body slightly forward and backward. Step on R foot at same time, swing L foot backward, step on L foot, swing R foot forward, etc...
(one foot 'drives the other away')
- 9 - 12 4 running steps, begin with R foot, moving CCW Big Ramunsko step.
- 13 - 14 Hop on L foot 2 times (CCW) kicking R heel to L foot.
- 15 Leap on R foot to R side.
- 16 Cross L foot in front of R foot
- 17 - 32 Same as 1-16, ending up partners facing each other both on the perimeter of the circle.

Part 2 Partners move to their own R.

- 1 Fairly wide step on R foot to R side.
- 2 Close L foot to R foot
- 3 - 4 Same as 1-2
- 5 - 6 In same direction 2 running steps - R foot, L foot
- 7 - 8 Jump on both feet, hop on R foot
(girl moves toward centre, boy outside)
- 9 - 16 Same as 1-8 in opposite directions, with opposite feet, e.g. begin with L foot. The steps here are very wide and the girl ends up about a yard outside the perimeter of the circle, boy about 1 yard inside the perimeter.
- 17 - 24 Same as 1-8, only smaller steps to meet partner on circle line.
- 25 - 32 Partners face each other. Join on partner's left waist, and raise L hands above head, turning together CW in 8 fast pivot steps beginning with R foot. This part ends up in a circle all facing centre.

FIGURE II

Part 1 Same as Figure I, Part 1.

Part 2 Same as Figure I, Part 2, 1-24, only partners may end up with hands

- 1 - 24 joined across in back.
- 25 - 32 8 pivot steps turning CW with partner.

KUMI ORI (Arise, Shine)

DANCE: Shalom Hermon

MUSIC: A. Neeman

RECORD: Dancecraft LP 123301 Side B, Band 4

FORMATION: Line dance. Leader to R of line. Hands joined and hold down.

Figure 1 Facing front.

Part A

- 1 Hop on R ft. extending L heel fwd. to touch floor.
- 2 Jump on both feet.
- 3 Hop on L ft. extending R heel fwd. to touch floor.
- 4 Jump on both feet.
- 5 - 6 Moving to R with two hops on L ft. and clicking R heel to L heel.
- 7 Jump on both feet.
- 8 Hop on R ft.

Part B

- 1 - 4 Repeat counts 1 - 4 of Part A.
- 5 - 6 Full turn to R with two steps (R ft., L ft.) Begin with a leap into R ft.
- 7 - 8 Repeat counts 7 - 8 of Part A.

Repeat figure 1, Parts A and B but on count 8 of Part B, jump on both feet and face to right.

Figure 2 Face to Right

- 1 Step on R ft. kicking L ft. behind with bent knee.
- 2 Hop on R ft. kicking L ft. in front with straight leg.
- 3 - 4 Repeat counts 1 - 2 with opposite footwork.
- 5 - 8 Repeat counts 1 - 4.
- 9 - 11 Yemenite step to R.
- 12 Hop on R ft.
- 13 - 15 Yemenite step to L.
- 16 Hop on L ft.
- 17 - 28 Repeat counts 1 - 12.
- 29 Step to L.
- 30 Step on R ft. turning to face front.
- 31 Close L ft. to R ft.
- 32 Hold.

Arise, shine, for thy light is come,
And the glory of the Lord is risen upon thee.

Lift up thine eyes round about and see:
all they gather themselves together,
they come to thee,
thy sons shall come from far,
and thy daughters shall be mused at
thy side.

NOTE: The words are an adaptation from ISAIAH, Chapter 60,
verses I and IV.

LAMINATSEACH (TO THE VICTOR)

DANCE: YAACOV LEVY
MUSIC: DOV SELZER

RECORD: TIKVAH-148

Formation: Couples in single circle, girl in front of boy; hands joined at shoulder height. All start on same foot. All face CCW.

Figure I

1-2	Step bend fwd on R ft.
3-4	Step bend fwd on L ft.
5	Step R fwd
6	Step L fwd
7	Step R fwd
8	Hold
9-16	Rpt 1-16, starting L ft.
17-32	Rpt 1-16
33-40	Four step-bends fwd (RLRL), clapping after each step. On last step the girl turns to L side to face the boy. Partners are now facing each other.

Figure II

1-2	Step R to R side
3-4	Step L to L side
5-8	Yemenite step to R
9-16	Rpt 1-8 with opposite footwork (start L) Link R arms with partner extend R arm placing R hand on each others back. Left arm is down at side.
17-32	Moving CW together with partner repeat Figure I counts 1-16. Partners turn $1\frac{1}{2}$ times around. On last 4 counts partners release arms; Girl ends up behind her partner and turns to face CCW to start the dance from the beginning with a new partner. In this way the girl continues to change partners each time.

MUSIC: Naomi Shemer
DANCE: Yaacov Levy

LO AHAVTI DAI
(I haven't yet loved enough)

FORMATION: Circle facing center, holding hands.

METER: 4/4

PART ONE

1 - 8 Two grapevine steps moving to the left, clockwise, and starting with right foot in front of left.
9 - 12 Right foot forward toward center of circle as hands raise forward with palms facing up (count 1), step on left foot in place (count 2), step on right foot in back as hands swing back to side of boy (count 3), step on left foot in place (count 4).
13 - 16 Repeat 9-12.
17 - 32 Repeat 1-16.

PART TWO

1 - 4 Four steps toward center of circle starting with the right foot while bending down and while waving hands. Finish with straightened body and with arms raised above shoulders.
5- 8 Reverse 1-4 by moving four steps backward away from center, lowering arms.
9 Hop on left foot (count &) and step on right foot (count 1) as hands swing to right side.
10 Cross left foot over right as hands swing to left side.
11 - 12 Repeat 9-10.
13 - 16 Complete turn to the right, clockwise, with four steps, starting on right, left, right, left.
17 - 32 Repeat 1-16.

SIMPLIFIED VARIATION for PART TWO

Counts 1-8 as original
9 Step to R with Rft
10 Close Lft to Rft
11-12 Repeat counts 9-10
13-16 As original
17-32 Repeat counts 1-16