

MAKELAH ALIZAH (JOYFUL CHOIR)

Dance: Yoav Ashriel
Music: N. Hirsch
Record: Children's Greatest Hits
CBS 53492

Formation: Scattered, solo

| <u>Counts</u> | <u>Description</u> |
|---------------|--|
| | <u>Part 1</u> |
| | <u>Figure 1</u> |
| 1-2 | Step to R, close L foot to R foot |
| 3-6 | Repeat counts 1-2 two more times |
| 7-8 | Step R ft to R, clap hands (ct 8) |
| 9-16 | Repeat cts 1-8, opposite footwork, begin L ft to L |
| | <u>Figure 11</u> |
| 1-2 | Step to R, close L ft to R ft |
| 3 | Step to R |
| 4 | Clap hands to R side |
| 5-8 | Repeat cts 1-4, Part 11, opposite footwork; begin L ft to L |
| 9-10 | Step R to R, clap hands |
| 11-12 | Step L to L, clap hands |
| 13-16 | Repeat cts 9-12 two more times |
| | <u>Interlude</u> |
| 1-4 | Full turn to own R with 4 steps (R,L,R,L) |
| | <u>Part 11</u> |
| | <u>Figure 1</u> |
| 1-4 | Three steps fwd (R,L,R,); lift L ft fwd |
| 5-8 | Three steps fwd (L,R,L,); lift R ft fwd |
| 9-16 | Four step-bends backwards begin R ft; clap hands on bend from side to side |
| | <u>Figure 11</u> |
| 1-16 | Repeat 1-16, Figure 1, Part 11 |
| | <u>Interlude</u> |
| 1-4 | Full turn to own R with 4 steps (R,L,R,L) |

Song: Birds sit on a branch & chirp
They make a joyful choir

Note: For the festival please do the dance in a circle all facing centre

MACHAR (TO-MORROW)

DANCE: Rikva Sturman
MUSIC: Naomi Schemer
RECORD: Tikva 117 Hed-Arzi - MN - 529
FORMATION: Trio. One man and two girls. Man in centre. Inside hands joined, facing CCW.

FIGURE I

- 1 - 4 Four running steps forward, beginning R ft.
5 - 8 Two step-hops, crossing in front on each step (R, hop, L, hop)
9 - 32 Repeat Figure I three more times.

FIGURE II

- 1 - 4 Man faces lady on high right and they both: step R (ct. 1), clap own hands on right (ct. 2), step L, (ct. 3), clap own hands on left. (ct. 4)
5 - 8 Man and same lady turn by right elbow with 4 running steps.
9 - 16 Man and left-hand lady turn by left elbow with 8 running steps, ending in original places, facing each other.
17 - 20 Man and left-hand lady repeat counts 1 - 8.
21 - 32 Man turns right-hand lady with left elbow (4 running steps) and runs ahead to the two ladies in front with 4 running steps.

Repeat dance from beginning with new partners.

MECHOL HAGAT (Dance of the winepressers)

Dance: Yardena Cohen
Music: Yaron
Record: Tikvah 138

Formation: Circle, all join hands and lift up shoulder level. Face CCW

CHORUS

1-32 32 Shuffling Steps forward, start R. Body bends slightly bwd.

PART ONE

Face centre, release hands

33-36 Tcherkessia R. Arms move fwd on first step and bwd on third
37-52 4 more Tcherkessia steps
53-56 4 steps in place, start R. At the same time one complete turn
to right side with both arms up
57-60 Tcherkessia R
61-64 Repeat 53-56

CHORUS (1-32)

PART TWO

Face centre, release hands

33-36 Tcherkessia R
37-40 Stamp 4 steps in place RLRL, body and arms down
41-64 Repeat 33-40 three more times

CHORUS (1-32)

PART THREE (Face CCW)

33-48 4 Tcherkessia steps, start R
49-52 Stamp four steps in place RLRL, body and arms down
53-56 Stamp four steps in place RLRL, body and arms up
57-64 Repeat 49-56

The steps of the CHORUS should be done as if pressing grapes. In Part One Count 53-56, the arms are lifted as if carrying a basket filled with grapes.

NOTE: For the Festival you may choose to do all 3 parts or only one or two parts.

MISHAL (ARABIC-ISRAELI)

DANCE: Moshiko
MUSIC: Arabic Folk
RECORD: Tikvah-148

Formation: Line, closed together, join hands, face CCW

PART ONE

1. Stamp L. in place
2. Stamp on L. in place
3. L bwd.
4. Stamp R. in place brushing R ft. fwd. Body bent.
- 5-7 Three steps fwd R.L.R. Body up.
- 8-28. Repeat 1-7 three more times.
- 29-30 Repeat 1-2

PART TWO - Raise arms. Facing almost centre continue to travel CCW.

- 1-2. Step-hop on L bwd.
3. Hop on L. and run R. fwd
4. Run L fwd.
- 5-6 Repeat 3-4
7. Face center. Leap R. to right side.
8. L closes to R. No weight
- 9-32 Repeat 1-8 three more times.

KI ESHMERA HASHABAT (MECHOL HASHABAT) - ISRAELI
(Yemenite Style)

DANCE: YAAKOV LEVY

RECORD: JIMMY JONES ID-1011

FORMATION: Circle.

PART I Face centre. Join hands and hold shoulder height.

- 1 Step with R ft. to R side.
- 2 Step with L ft. to L side.
- 3-4 Cross R ft. in front of L ft. (no weight)
- 5-6 Touch R ft. to R side and forward.
- 7 Step with R ft. in front of L ft. with bent knee.
- 8 Step in place with L ft.
- 9 Step with R ft. to R side.
- 10 Cross L ft. in front of R ft. (Face centre)
- 11 Step with R ft. to R side rising up on ball of R ft. and leading slightly with R hip.
- 12 Close L ft. to R ft.
- 13-14 Bend both knees
- 15-28 Repeat Part I counts 1-14 three more times.

PART II Face centre.

- 1 Step with R ft. to R side.
- 2 Snap fingers to R side (keep hands close to body and level of hips)
- 3-4 Repeat counts 1-2 but reverse.
- 5 Step on R ft. to R side.
- 6 Step on L ft. to L side.
- 7 Step on R ft. FWD towards centre with R shoulder to centre. Bring R arm straight out towards centre.
- 8 Turn to face outside of circle with back to centre. Weight is on R ft.
- 9-10 L ft. FWD gradually bringing R arm in a circle overhead.
- 11-12 Close R ft. to L ft. Bend both knees. R arm has completed circle overhead. Both arms are crossed in front of chest. R arm on outside. Both hands are in "candle position", palms facing out. Everyone has backs to centre of circle.
- 13-14 Turn hands towards you and snap fingers. Knees are still bent.
- 15-28 Repeat Part II but begin with backs to centre of circle. End facing centre of circle ready to repeat dance from beginning.

NOTE: "CANDLE POSITION" FOR HANDS

Four fingers are held together, bend hand at wrist so that tips of fingers are facing up and palm of hand is facing away from you. Place thumb in middle of palm.

MECHOL OVADYA (Ovadya's Dance)

Dance: Yardena Cohen

Music: Ovadya

Formation: Line. Hold hands, face center of circle.

CHORUS

1-2 : Step-bend R to right side
3-4 : Step-bend L to left side
5 : R taps in front
6 : R taps in back
7-8 : R taps twice in place (next to L)
9-32 : Repeat 1-8 three more times

PART ONE

1 : R to right side
2 : Hold
3 : L crosses behind R
4 : Hold
5 : Close R to L
6 : Hold
7 : Jump on both feet
8 : Hop on L
9-32 : Repeat 1-8 three more times

REPEAT CHORUS

PART TWO

1-2 : Face CCW. Step-bend R fwd
3-4 : Step-bend L fwd
5-6 : Two running steps fwd RL
7 : Jump on both feet
8 : Hop on L
9-32 : Repeat 1-8 three more times

REPEAT CHORUS

PART THREE

Is as PART ONE except count 7: Turn knees to left side on jump.
count 8: On hop, face center.

NIGUNO SHEL YOSSI

DANCE: Raya Spivak MUSIC: Yossi Spivak RECORD: Tikva 100 'Debka'

FORMATION: Couples in a single circle, girls on the right, all facing centre, hands joined.

PART I Dancers move into and out of centre.

- 1 Step to R with R foot
- 2 Swing L foot in front of R foot
- 3 Step to the L side with L foot
- 4 Swing R foot in front of L foot
- 5 - 8 Take 4 steps toward the centre
- 9 -12 Repeat counts 1 - 4
- 13 -16 Take 4 steps back, away from centre beginning with R foot.

Repeat Part I

Part II Partners face each other in a single circle, hands not joined.

- 1 Step on R foot to the R side
- 2 Snap fingers with hands at shoulder level, to R side
- 3 - 4 Same as 1-2, to the L side, with L foot
- 5 - 8 Each dancer takes 4 steps forward, beginning with R foot, girls moving CW outside, boys moving CCW inside.
- 9 - 16 With a new partner, pivot in place 8 counts CW, on R foot, arms in 'polka' position with L arm raised above head.

Repeat Part II, changing partners once more.

DMRIM YESHNA EREIZ (Israeli)
Choreographer: Amir Sela

Circle formation. Hands are joined.

PART ONE

- Counts 1-4: Facing L.O.D. (CCW in circle), step L ft and brush w/R ft, step R ft and brush w/L ft
5-7: Step bkwd w/L ft, step bkwd w/R ft, step fwd w/L ft
8: Swing R ft around as you turn L to face center
9-12: Grapevine in R.L.O.D. starting w/R ft in front of L ft
13-14: Sway R,L with hands raised
15-18: Hands lowered, walk 4 steps R,L,R,L, bkwd in L.O.D. bent fwd and down slightly at the waist
19-20: Turning R to face fwd in L.O.D., step w/R ft and brush w/L ft.

Repeat Part One.

PART TWO

- Counts 1-4: Facing center, step fwd w/L ft, close R ft to L ft, step fwd w/L ft (step together step) and brush w/R ft
5-8: YMN R and on R ft, turn R to face L.O.D.
9-12: Step together step starting w/L ft and brush w/R ft
13-16: Facing out of circle (drop and rejoin hands), step together step fwd starting w/R ft and brush w/L ft
17-20: YMN L and on L ft, turn L to face L.O.D.
21-24: Step together step fwd starting w/R ft and brush w/L ft.

Harakevet (The Train)

Music: Gidi Koren

Formation: Solo, lines, face front

Part I

- 1-2 Touch R heel fwd - elbows bent, fists over shoulder
3-4 Touch R toe back - bring elbows down & back so arms are parallel to floor
5-8 Rpt. cts. 1-4
9-16 4 walking steps (step-bend) around to R
3/4 turn (2 cts. each step)
17-64 Rpt. cts. 1-16, Part I, three more times. Each time face another direction (4 x total)

Interlude: Bounce 4 X

Part II

Figure I

- 1-8 Step tog. 3 x to R, step on R, touch L. Clap ct. 8
9-16 Rpt. 1-8 in opp. direction beg. w/L ft.
17-20 Step. tog. step-touch. Clap ct. 20. Move to R
21-24 Rpt. 17-20, opp. direction beg. w/L ft.
25-26 Up on toes, heels out & in. R arm reaches up and overhead.
Pull whistle
27-32 Rpt. cts. 25-26 3 x more (4 x total)
33-64 Rpt. part II

DANCE ORDER

Intro - 8 x 8 cts.

Dance begins, Tchi, Tchi, Harakevet

Dance regular 2 x

Interlude 3 x 8 cts.

Dance 1 x

Ending

SAPRI TAMA (TELL ME MY INNOCENT ONE)

DANCE: Yoav Ashriel
MUSIC: Ancient Yemenite Melody
RECORD: Dancecraft LP 123301, Side A, Band 2.

FORMATION: Solo (DO NOT HOLD HANDS) All face same direction.

FIGURE I - Arms held above head.

- 1: Step on R ft. to R side swaying to R
- 2: Bend R knee. Snap fingers.
- 3: Step on L ft. to L side, swaying to L
- 4: Bend L knee. Snap fingers.
- 5 - 6: Step on R foot making quarter turn to the R
- 7: Close L ft. to R ft. bending both knees and bringing hands down in front of chest. Snap fingers.
- 8: Hold.
- 9 - 12: Yemenite step to R (Hands are down)
- 13 - 16: Yemenite step to L.

FIGURE II

- 1 - 2: Step on R ft. to R turning slightly to R side.
- 3 - 4: Raise L leg across R leg bending R knee. L leg is turned out with bent knee and flexed foot. Snap fingers. Hands are in front of chest, elbows bent.
- 5 - 8: Repeat counts 1-4, opposite footwork, turning slightly to L side.

FIGURE III

- 1 - 2: Step on R ft. to R. Arms straight out to sides.
- 3 - 4: Cross L ft. over R ft. bending knees. Hands are crossed in front of chest. (R hand over L hand). Snap fingers.
- 5 - 8: Repeat counts 1 - 4.
- 9 - 12: Yemenite step to R. Hands down.
- 13 - 24: Repeat counts 1-12 with opposite feet to the left side.

Tell me, do tell
Tell me, do tell
Innocent dove.

Tell me and we'll rejoice in wonder
Tell me and we'll rejoice in wonder

They'll ascend, I feel they'll ascend;
They'll ascend, I know they'll ascend;
They'll ascend to Zion.
To Zion in the east
To Zion in the east.

YEMENITE STEP: (can be done with either foot)

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

Reprinted from instruction booklet accompanying the record
"Dance Israel". Presented by Teme Kernerman at the College
of Education Folk Dance Workshop,
November 30, 1968.

SHIBOLETH BASADEH

(Sheaves in the Field)

Dance: Leah Bergstein
Music: Shelem
Record: Tikvah 138
Formation: Circle, all face center. Arms extended shoulder level, side-ward, palms touch each other. Move CCW

PART ONE

1 R. to right side
2 Close L to R and bend both knees
3-6 Repeat 1-2 twice more
7 R to right side
8 Hop on R with $\frac{1}{4}$ turn to right side. Kepp arms in same position. End up with back to center of circle.
9-16 Reverse 1-8, start with L:
17-32 Repeat 1-16

PART TWO

Arms down. All join hands, face CCW - circle moves CCW
1-2 Step-hop fwd on R - body straight
3-4 Step-hop fwd on L. On hop $\frac{1}{4}$ turn to left side
5-6 Step-hop on R bwd (Move CCW) - bend body
7-8 Step-hop on L bwd. On hop $\frac{1}{4}$ turn to right side. Face CCW
9-16 Repeat 1-8

PART THREE - Face Center

1-4 2 Step-hops fwd RL - raise arms
5-8 2 Step-hops bwd RL - lower arms
9-10 Stamp R in place
11-12 Stamp L in place. On last 2 counts release arms and bring them into beginning position.

The arm position in Part One can be interpreted as sheaves.
The mood of Part Two and Three is the joy of harvesting.

FESTIVAL VARIATION - arranged by Teme Kernerman

Formation: Hands joined and held down

PART ONE

1 R ft to R side
2 Close L to R
3-8 Repeat cts. 1-2. Ct. 8 Touch L fr beside R ft
9-16 Repeat cts. 1-8 in opposite direction with opposite footwork
17-32 Repeat cts. 1-16

PART TWO

Moving CCW

1-8 Four step-hops fwd
9-16 Four step-hops bkwd
may use walking steps

PART THREE - Face Center

1-12 Original dance
May use walking steps

SHNEI SHOSHANIM

Israeli Couple Dance

Translation: Two Roses
Dance: Eliyahu Gamliel
Record: Dances in the Garden of Eden YE-1001
Basic Steps: Walk, step-hop, grapevine
Formation: Couples in a double circle
Meter: 4/4
Note: M's steps are described, W does opposite

| <u>Measure</u> | <u>Counts</u> | <u>Description</u> |
|----------------|---------------|---|
| | | <u>PART A</u> (Partners facing, M's back to ctr, no hand hold) |
| 1 | 1 | Cross R over L, turning R shoulder toward partner |
| | 2 | Snap fingers of R hand |
| | 3-4 | Step L to L facing partner |
| 2 | 1 | Step R behind L, turning L shoulder toward partner |
| | 2 | Snap fingers of L hand |
| | 3-4 | Step L to L facing partner |
| 3-4 | | Repeat meas 1-2, Part A |
| | | <u>PART B</u> (Simple hold, face LOD) |
| 1-2 | 1-7 | Grapevine step-cross R over L, L to L, R. behind L, L to L cross R over L, L to L, cross R behind L. |
| | 8 | Hold |
| 3-4 | | Repeat meas 1-2, Part B, reverse ftwork direction and hand hold |
| | | <u>PART C</u> (Partners face with R hands joined) |
| 1 | 1-2 | Step-hop with R while changing places |
| | 3-4 | Step L to L while turning a $\frac{1}{2}$ turn to R and getting into Varsouvienne position |
| 2 | 1-2 | Step R to R (toward ptr) |
| | 3-4 | Step L to L (away from ptr) |
| 3-4 | 1-8 | Take 2-steps, R,L,R,L,R,L - turn $\frac{1}{2}$ turn with partner |
| | | <u>PART D</u> (Simple hold) |
| 1 | 1-2 | Walk fwd. 2 steps R,L |
| | 3 | Brush R fwd |
| | 4 | Step R fwd |
| 2 | 1 | Step L fwd |
| | 2 | Brush R fwd |
| | 3-4 | Walk fwd 2 steps R, L (Join both hands and face partner) |
| 3 | 1-2 | Step R to R and hold |
| | 3-4 | 2 sways L,R |
| 4 | 1-2 | Cross L over R and hold (M's L hand joined with W's R) |
| | 3 | Step R back |
| | 4 | Step L to L |
| 5-8 | | Repeat meas 1-4, Part D |

TEH V' OREZ (TEA AND RICE)

(ISRAELI)

DANCE: Rivka Sturman
MUSIC: Folk
RECORD: Tikvah 140: Hed Arzi M 581
FORMATION: Trios facing CCW. Hands are joined and held down

FIGURE 1

1 - 8 Eight skips fwd. Beginning L ft.
9 - 11 Three slides towards centre of circle
12 Step on L to L side
13 - 16 Repeat routine 9--12 beginning R to R side and moving away from centre. On last step release hands. All face centre of circle, in a line, one behind the other.

FIGURE 11

1 - 4 Four steps fwd. (RLRL) clapping on each
5 - 8 Four steps bkwd., clapping on each step
9 - 12 Face CCW join hands. Four walks fwd.
13 - 16 Release hands. Centre person moves fwd. with four walking steps to the next set in front, thus changing partners. Changing of partners is optional

Festival Variation

Variation 1 - Entire dance as above can be danced in a single circle, left shoulder to centre. Need not hold hands.

Variation 11 - As a couple. Inside person may or may not move forward to a new partner.

TZADIK KATAMAR
(Righteousness shall flourish)

DANCE: Jonathan Gabai
MUSIC: Neeman
RECORD: HADARIM LP 3, TIKVA 148

FORMATION: Circle, face CCW, all join hands, raise to shoulder level.

FIGURE I

1-4. Walk four steps fwd R.L.R.L.
5-8. Face center. Walk four steps in place from side to side.
9-16. Repeat 1-8.

FIGURE II

1-2. Face CCW. Walk two steps fwd RL.
3-4. Walk two steps bkwd. RL.
5-6. Walk two steps RL, completing one turn to right side.
End facing center. Leave hands unjoined - down.
7. R to right side.
8. L crosses in front of right.
9. R steps back in place.
10-12. Reverse 7-9.
13-16. Face center. Walk four steps in place R.L.R.L. from side to side. Join hands at shoulder level. (Swaying motion).
17-32. Repeat 1-16.

TZUR MISHELO
(from this earth we are nourished)

NATIONALITY: Israeli

MUSIC: Traditional Ladino

DANCE: Yankele Levy RECORD: Hadarim L.P. 4

FORMATION: Circle, hands joined at shoulder height

PART I Move C.C.W. (face to right)

- 1 - 4 Walk 4 steps fwd. (R.L.R.L.)
- 5 Touch R ft. beside L ft.
- 6 Step to R with R ft. Knee is slightly bent
- 7 Step on L ft. in place
- 8 Close R ft. to L ft.
- 9 - 32 Repeat counts 1 - 8 three more times. On last 2 counts
 step on L ft. to face centre. Close R ft. to L ft.

PART II Face centre of circle. Hands remain at shoulder height.

- 1 - 2 Step with R ft. to R side.
- 3 - 4 Step with L ft. in back of R ft. Both knees are bent.
- 5 - 6 Step with R ft. crossing it in front of L ft.
- 7 - 8 Step with L ft. to L side
- 9 - 12 Repeat counts 3 - 6 but with opposite footwork
- 13 - 14 Close R ft. beside L ft.
- 15 Snap fingers in front of chest. Both knees are bent.
- 16 Hold.

URI TZION (ARISE, ZION)

(ISRAELI)

Dance: Rivka Sturman

Music: Wilensky

Record: Rikvah 140; Hed - Arzi MN581

FORMATION: Circle all face centre. Hands are joined and held down.

FIGURE I MOVE C.C.W.

- 1 - 4 Grapevine step beginning with L ft.
5 - 6 Step-hop on L ft.
7 - 8 Step-hop on R ft.
9 - 32 Repeat routine 1 - 8 three more times.

FIGURE II

- 1 - 2 Face centre. Step-bend on L to L side
3 - 4 Step bend on R to R side.
5 Leap on L to L side
6 R crosses in front of L
7 - 8 Repeat routine 5 - 6
9 - 24 Repeat routine 1 - 8 twice more
25 - 28 Repeat routine 1 - 4
29 - 32 Four running steps (^{cw}~~ew~~), (LRLR). Clap hands on each step with arms raised above head.

GRAPEVINE:

1. CROSS L over R
2. Step w/R to R side
3. Step w/L behind Rft.
4. Step w/R to R side

YAM HASHIBOLIM
COUPLE DANCE

TRANSLATION: Sea of Wheat
DANCE: Shoshana Kopolowitz
MUSIC: Chaim Agman
METER: 3/4
FORMATION: Couples in circle facing CCW, W on M's R in simple hold
Note: Man's steps are described. W does opposite

MEAS. CTS. DESCRIPTION

Part A

| | | |
|------|-----|--|
| 1 | 1-3 | 1 Waltz step w/ L diag. fwd. to L |
| 2 | 1 | Cross R over L |
| | 2-3 | Swing L fwd. and around to R while turning to face partner |
| 3 | 1 | Cross L over R |
| | 2 | Shift weight back to R |
| | 3 | Close L beside R |
| 4 | 1-3 | Repeat Meas. 3 Part A, Reverse ftwk. and direction |
| 5-16 | | Repeat Meas. 1-4, Part A, 3 more times |

Part B (Face partner, Man's back to center)

| | | |
|-----|-----|---|
| 1-2 | 1-6 | Slow two-step w/L bkwd. |
| 3-4 | 1-6 | Repeat Meas. 1-2, Part B, Reverse ftwk. and direction |
| 5-6 | 1-6 | 3 step turn to L w/ L,R,L and hold |
| 7-8 | | Repeat Meas. 5-6, Part B, Reverse ftwk and direction |

Part C (original position)

| | | |
|------|-----|--|
| 1 | 1 | Step L diag. to L |
| | 2-3 | Swing R fwd. and hold. Raise arms |
| 2 | 1-3 | Bkwd. Yemenite w/ R. Lower arms |
| 3 | 1-3 | Waltz step w/ L diag. to L, moving away from partner |
| 4 | 1-2 | Cross R over L. Bend R knee and hold |
| | 3 | Step sharply back w/ L |
| 5-8 | | Repeat Meas. 1-4, Part C, Reverse ftwk and direction |
| 9-16 | | Repeat Meas. 1-8, Part C |

Part D (Face partner, M has back to center)

| | | |
|-----|-----|--|
| 1 | 1-3 | 3 step turn to L (L,R,L) |
| 2 | 1-2 | Cross R over L while turning 1/4 turn to L. End facing LOD and hold |
| | 3 | Step back w/ L |
| 3 | 1-2 | Step back on R on bent knee while L is raised w/ bent knee. Hold. |
| | 3 | Step back w/ L |
| 4 | | Repeat Meas. 3, Part B |
| 5-7 | | Repeat Meas. 3, Part B, 3 more times, while turning a full turn in place to L w/ partner |
| 8 | 1-3 | 3 stamps in place R,L,R |

YEVARECHACHA

(May You be Blessed)

NATIONALITY: Israeli
MUSIC: Weinkranz
DANCE: Gidra Kadmon

FORMATION: Circle

RECORD: Hadarim LP 4

PART I Hands joined and held low. Moving C.C.W. (to right)
but facing centre

- 1 Small leap onto R ft. to R side
- 2 L ft. crosses over R
- 3 Step with R ft. to R side
- 4 Step with L ft. behind R ft.
- 5 Step with R ft. toward centre of circle
- 6 Step with L ft. toward centre of circle. Arms swing
up, elbows bent. Lean back.
- 7 - 8 Step back with R ft, then with L ft. Swing arms down.
- 9 - 32 Repeat counts 1 - 8 three more times

PART II Hands on neighbours shoulders. Face centre.

- 1 R ft. to R side.
- 2 L ft. behind R ft.
- 3 R ft. to R side.
- 4 Body leans to R. Lift L leg slightly
- 5 - 8 Repeat counts 1 - 4 to last side and with opposite footwork.
- 9 Cross R ft. over L ft.
- 10 Step
- 11 Step with R ft. to R side
12. Cross L ft. in front of R ft.
13. Step back on R ft. in place.
14. Step to L side with L ft.
15. Cross R ft. in front of L ft.
16. Step back on L ft. in place.
17. Step to R on R ft.
- 18 - 20 Bounce 3 times with bent R knee. At the same time L leg
with knee bent across R leg.
- 21 - 24 Repeat counts 17 - 20 to left side with opposite footwork.
- 25 - 26 Two small steps fwd. (R.L.). Bend forward slightly.
- 27 - 28 Lift R leg with knee bent. Bounce twice on L leg.
- 29 - 32 Step backwards with 4 small steps (R.L.R.L.) Straighten body
- 33 - 64 Repeat Part II counts 1 - 32 once more.

YEMIN USMOL (left & right)

DANCE: Yonatan Karmon

MUSIC: M. Vilensky

Record: Tikvah 142

FORMATION: Couples, side by side, girl on man's right, join inside hands. All face front.

PART ONE

- 1-4 Yem R
- 5-8 Yem L, bwd
- 9-16 Repeat 1-8. On last count R taps in place
- 17-22 Pivot 5 steps. start R. Half way around, cw Girl in place Man fwd. On last count L taps in place.
- 23-30 Pivot 7 steps, start L, move bwd, back to place. On last count both face front again. On last count R taps in place.

PART TWO

- 1 R to right side (big step) and lift both arms
- 2 L to left side (big step)
- 3 R heel touches floor next to L
- 4 R toe touches floor
- 5 R bwd
- 6 Stamp L fwd
- 7-8 R leg circles to right side
- 9-16 Repeat 1-8. Girl on 15-16 instead of circle crosses R over L and release hands. with the next four steps girls move in front of men, moving away from each other.
- MAN: (girl does the same step but starts with opposite foot).
- 17-18 R to right side, arms sideward extended
- 19-20 L crosses in front of R, cross arms in front and snap
- 21-22 R to right side, arms sideward extended
- 23-24 L crosses over R, cross arms in front and snap, 3/4 turn on L to right side, partners end up facing each other.
- 25-29 5 steps fwd. toward each other start R.
- 30 Close L to R and face front. Girl is now on man's left side. Join inside hands

PART THREE

- 1-16 Repeat 1-8 PART TWO. On last 2 counts partners face each other.
- 17-20 Repeat 1-4 PART TWO
- 21 Hop on L
- 22 R fwd, partners are close to each other. Also join other hands and bend fwd.
- 23 Close L to R
- 24 Hold
- 25-28 Release hands. Pivot 4 steps once around to right side start R. End up facing each other.
- 29 R bwd
- 30 L fwd
- 31 R fw, join right hands
- 32 Hold

PART FOUR

- 1-2 L to left side
- 3-4 Close R to L and squatt
- 5-6 Turn knee toward each other. Join L hand under R hands.
- 7-8 (Rise)
- 9-15 L arms down (almost touching) R arms up. Left shoulders adjacent. Pivot once around with 7 steps start L. On last step release R hands.
- 16 Hold
- 17-22 Reverse 1-16 Start R to right side. Join right hands above left. Pivot 1/4 times

ZEMER ATIK (Ancient Song)

Dance: Rivka Sturman

Music: Neeman

Record: Tikvah 138

Formation: Left arm bent and touches own left shoulder. Right arm is extended fwd and joins left hand of the person in front.

PART ONE

1-4: 4 steps fwd RLRL
5: Release hands. R to right side
6: Bend right knee and clap over right shoulder
7-8: Reverse 5-6
9-32: Repeat 1-8 three more times

PART TWO

Face center of circle

33: R fwd
34: Bend right knee and snap fingers over right shoulder
35-36: Reverse 1-2
37-40: 4 steps bwd RLRL, lower arms gradually
41-64: Repeat 1-8 three more times

OVRIM YAMIM
(Days Go By)

Dance: RIVKA STURMAN

RECORD: Hed ARZI AN 48-93

FORMATION: Circle, Hands joined and held down

PART I

1-16 4 Grapevine (mayim steps) to the left beginning with R ft.
17-32 Run 16 steps CCW beginning with R ft. Arms up.
33-48 Rpt. counts 1-16 CW

PART II

Release hands
1-16 Run 16 steps or skips CCW clap hands on each count.
17-24 Face centre, Join hands. Take 4 sliding steps to R
25-28 Continue with 4 running steps beginning Rft. CCW
28-32 Release hands and turn to the R with 4 running steps.

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Dance: Rivka Sturman
Music: Neeman
Record: Tikvah 138

Formation: Left arm bent and touches own left shoulder. Right arm is extended fwd and joins left hand of the person in front.

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SHUBI DUBI

This song won the 1977 Children's Song Festival

Dance: Shlomo Maman
Music: G. Koren
Record: Israeli Children's Song Festival #7
S.A. 32036

Formation: Couples in a circle; face CCW; inside hands joined

Note: Steps described are for the boys; girls use opposite footwork; steps are heavy (bear-like movements)

| <u>Counts</u> | <u>Description</u> |
|---------------|---|
| | <u>Part 1</u> |
| 1-4 | Two step-bends fwd (L,R) |
| 5 | Step away from partner with L ft |
| 6 | Bend L knee, body to left side, clap hands |
| 7-8 | Repeat counts 5-6, opposite footwork (R,L) towards partner, clap hands |
| 9-12 | Repeat counts 1-4 |
| 13-16 | Face partners (drop hands), step same as counts 5-8 (boys back to center) |
| 17-64 | Repeat counts 1-16 three more times |

Part 11

Figure 1: Partners face each other, boys back to centre

| | |
|-------|--|
| 1-4 | Two step-bends fwd, begin L ft; pass R shoulders |
| 5 | Tap L heel fwd, clap hands |
| 6 | Lift L ft while bending R knee |
| 7-8 | Repeat counts 5-6 |
| 9-12 | Repeat counts 1-4, moving bkwd to place |
| 13-16 | Repeat counts 5-8 |

Figure 11

| | |
|------|--|
| 1-8 | Hook R elbows with partner; take 4 step-hops CW beginning with L ft for the boy (girl begins R ft) |
| 9-16 | Repeat counts 1-8 but hook L elbows and turn CCW |

Repeat Part 11, Figures 1 and 11 once more

Note: Suggested movement for interlude:
Short Interlude: step, clap, step, clap from side to side
Long Interlude: children may be free to create their own movements or (see Festival variation)

Song: I have a little teddy bear
And his name is Shubi
He is a real sweetheart
He wears pyjamas
And sleeps in my bed
He is always with me