AD OR HABOKER
(Israel)

SOURCE: The dance reflects the spirit of the pioneers in Israel when they used to dance the Hora all night. TRANSLATION: Until the Light of Morning. Dance by Yo'av Ashri'el

MUSIC:

FORMATION: Circle in a simple hold

METER: 4/4   PATTERN

Meas	Ct.	
		PART A
1	1	Step R to R
	2	Cross L over R
	3	Step R to R
	4	Cross L behind R
2	1-2	Step-hop R to R while lifting L across R
	3-4	Step-hop L to L while lifting R across L
3	1	Cross R over L
	2	Step L to L
	3-4	Step-hop R while turning to R, face CCW
4	1	Cross L over R
	2	Step R to R
	3-4	Step-hop L, end up facing ctr
5-8		Repeat meas 1-4, Part A
		PART B
1	1	Stamp R to R with bent knee while lifting L to L
	2	Hop of R
	3	Step L behind R
	4	Step R to R while turning to R, face CCW
2	1-2	Step-hop L, fwd in LOD, CCW
	3-4	2 steps fwd R, L
3	1-2	Step-hop R to R
	3	Cross L over R while turning to R
	4	Step R in place, behind L
4	1-4	Repeat meas 3, Part B, reverse ftwk and direction
5-8		Repeat meas 1-4, Part B

AD OR HABOKER (Cont'd)

Meas	Ct	
		PART C
1	1-2	Step-hop R in place while lifting L fwd
	3-4	Step-hop L in place while lifting R bk
2	1	Leap R to R
	2	Stamp L beside R without wt
	3-4	Step-ball-change L, R, L in place
3	1-4	2 step-hops fwd R, L twd ctr
4	1-4	Repeat meas 2, Part C
5	1	Stamp R to R
	2	Hop on R
	3	Stamp L over R while body bends over
	4	Step R bk
6	1-2	Step-hop L bk
	3-4	2 steps bk, R, L while turning to R, face CCW without holding hands
7	1	Sway to R
	2	Jump on both feet
	3	Sway to L
	4	Jump on both feet
8	1-4	1/4 turn to R with 4 steps, R, L, R, L, end facing ctr in simple hold