

NOTE: You will be alternating partners throughout the dance.

CARMIT - Hadarim LP VI
Side A - band 5

MUSIC: Traditional
DANCE: Shlomo Bachar

Sephardic

KI ASHAMERAH
(I will be protected)

Formation: Circle, facing center, holding hands.

PART ONE

- 1 Cross with the right foot in front of the left (bending knee).
- 2 Step on the left foot to the left side.
- 3 Repeat count 1.
- 4 - 6 While facing center step on the left foot (put weight), step on the right to the right side (put weight), and step on the left foot to the left side (put weight).
- 7 - 8 In place cross-touch with right heel in front of left foot, then lift right leg high (bent knee with toes pointed to the right side).
- 9 - 10 Repeat 7-8.
- 11 Step-cross with right over left foot while pivoting (on the right foot) to face L.O.D. (right side).
- 12 Hold.
- 13 - 15 Step-together-step: step on the left, close with the right, and step on left foot.
- 16 Hold.
- 17 - 19 (Still facing L.O.D.) Sway forward on the right foot, sway back on the left foot, and sway forward on the right foot.
- 20 Step-turn on the left foot to face the left side (sharply).
MOVING IN R.L.O.D. (CW)
- 21 Cross with the right foot in front of the left foot while snapping fingers once at waist level (in a circular motion; towards oneself).
- 22 Step (travel) on left foot.
- 23 Repeat 21.
- 24 Hold.
- 25 - 28 Yemenite step to the left side.
- 29 - 46 Repeat 1-28.

PART TWO

- 1 - 4 Clockwise turn in place (arms raised up high): step on the right foot while snapping fingers once and hold, step on the left foot while snapping fingers once and hold.
- 5 - 8 Repeat 1-4.
- 9 - 10 FACING CENTER
Keeping arms raised up high, step on the right foot to the right side while snapping fingers once (lower arms).
- 11 - 12 Lift-raise left leg (bent knee) in front of the right foot.
- 13 - 16 Reverse 9-12 with opposite footwork (to the left side).
- 17 - 20 Step back on the right foot, then back on the left foot, step forward on the right foot, and hold.
- 21 - 24 Step back on the left foot, then back on the right foot, stamp forward on the left heel, and hold.
- 25 - 28 Yemenite step to the left side.

CARMIT - Hadarim LP VI
Side A - band 6

MUSIC: Traditional
DANCE: Shlomo Bachar

Sephardic

HAKTANTANA HISHMIKA
(The blushing bride)

Formation: Couple dance, facing CCW, holding hands (men inside circle).
Man's steps are described; girl does opposite footwork.

PART ONE

- 1 - 3 Turning CW half a turn: step on the right (dropping hands), step on the left, and right foot.
- 4 FACING CW
Step forward on the left foot.
- 5 Step on the right foot (bending knee) while clapping hands twice (fast).
- 6 Step forward on the left foot.
- 7 - 8 Repeat 5-6.
- 9 - 12 Yemenite step to the right side (on the 3rd and 4th count step-hop in front of the left foot).
- 13 Step on the left foot to the left side (towards partner; still facing CW).

- 14 Close the right foot next to the left foot.
 15 - 16 Making a quarter turn to face your partner, step on the left foot and close with the right next to the left.
- PART TWO** HOLDING EACH OTHER'S RIGHT HAND IN ARC FORMATION (ABOVE HEAD)
 1 - 8 While turning girl four times (clockwise turns): step-cross with the right foot over the left (bending knee), then step on the left foot to the left side and repeat three more times.
DROP HANDS, FACING EACH OTHER
 9 - 10 Step hop on the right foot.
 11 - 12 Step in place on the left foot, then right.
 13 - 14 While bending upper torso toward each other clap hands twice.
 15 - 16 Step backwards on the right, then left foot.

- PART THREE** HOLDING EACH OTHER'S RIGHT HAND IN ARC FORMATION (ABOVE HEAD) AND EACH OTHER'S LEFT ARM DOWN
 1 - 8 Turn together CW: pivot on the right and step on the left foot. Repeat three times (total of four times).
 9 - 14 Repeat 9-14 of PART TWO.
 15 - 16 Step on the right foot towards partner to face CCW as in the beginning of the dance and close with the left foot, holding hands.

CARMIT - Hadarim LP VI
 Side A - band 7

MUSIC: Traditional
 DANCE: Yonkele Levy

HORA HADERA
 (Hora of Hadera (town))

Formation: Circle, facing CCW, left hand on own shoulder with palm facing upward, and right hand holding person's palm in front.

- PART ONE** FACING CCW
 1 - 4 walk four step forward on right, left, right and left.
 5 - 6 Touch with the right heel forward in front of the left foot and hold.
 7 Step back on the right foot.
 8 Step forward on the left foot.
 9 - 32 Repeat 1-8 three more times.

- PART TWO** FACING CENTER OF CIRCLE
 1 - 4 Walk four step forward into the center of the circle on right, left, right and left.
 5 - 8 Touch with the right heel forward in front of the left foot two times while arms are raised twice also.
 9 - 16 Repeat 1-8 going backward away from the center of the circle.
 17 - 32 Repeat 1-16.

- PART THREE** FACING CENTER OF CIRCLE
 1 - 4 Step on the right foot to the right side, on the left foot in back of the right, on the right to the right side, and kick the left leg to the left side.
 5 - 8 Repeat 1-4 in reverse to the left side with opposite footwork.
 9 - 10 Step on the right foot to the right side and touch with the left ball of the foot next to the right.
 11 - 12 Repeat 9-10 in reverse to the left side with opposite footwork.
 13 - 16 Turn CW to the right side (while travelling) on right, left, right, and close with left.
 17 - 32 Repeat 1-16 in reverse with opposite footwork starting with step on the left foot to the left side, etc.

CARMIT - Hadarim LP VI
 Side B - band 1

MUSIC: Toby A. David
 DANCE: Shlomo Bachar

Chassidic RONU TZADIKIM
 (Song of the righteous man)

Formation: Couple dance, facing center of circle, holding hands up (elbows at shoulder level), girl on man's right side.

- PART ONE** MOVING CCW
 1 - 7 Step-bounce forward on the right, left, right, left, right, left, right.
 8 Stamp with the left heel in front of the right foot.
 9 - 16 Reverse 1-8 to the left side (CW) with opposite footwork.