

MAMTERA (HORA MAMTERA)

Dance: Shmuel Cohen
 Music: Wilensky
 Record: Tikva 69

Formation: Circle, face CCW, hold hands

PART ONE

- 1-6 Three step-hops fwd RLR
- 7-10 Face center, Mayim L
- 11-12 Step-hop L, crosses over R in front
- 13 R to right side
- 14 Close L to R
- 15-16 Repeat 13-14
- 17-18 Step-hop on R to right side, kick L in front of R
- 19-24 Reverse 13-18, start L to left side
- 25-48 Repeat 1-24

PART TWO

- 1-2 Release hands. Two steps in place RL, at the same time one complete turn to right side, end up facing center
- 3 Jump on both feet together
- 4 Hop on L
- 5 R fwd
- 6 L bwd
- 7-8 Repeat 3-4
- 9-16 Repeat 1-8
- 17-20 Join hands. Face CCW. Two step-hops fwd RL
- 21 Jump with feet together
- 22 Leap R bwd
- 23-24 Step-hop L bwd
- 25-32 Repeat 17-24
- 33 Face center. R to right side (stamp)
- 34 Hold
- 35-37 Yem L
- 38 R next to L (stamp)
- 39 L in place (stamp)
- 40 Hold
- 41-48 Repeat 33-40
- 49-64 Repeat 17-32

MAYIM, MAYIM

Dance: Folk
 Music: Amiran
 Record: Tikva 106

Formation: Circle, all face center, all join hands, move CW

- 1-16 4 Mayim steps, start R
- 17-20 4 steps fwd, start R. Raise arms
- 21-24 4 steps bwd, start R. Lower arms
- 25-32 Repeat 17-24
- 33-36 Face CW, run 4 steps fwd, start R
- 37-44 Face center. Hop 8 times on R. On uneven counts point L fwd toward center. On even counts point L to left side
- 45-52 Release hands and reverse 37-44. Raise arms and clap on uneven counts 4 times.