

(Worker's Hora)

Israel

SOURCE: Dance: Rivka Sturman; Music & Lyrics: Efi Netzer.

MUSIC: Record: TIKVA T-98, #5.

FORMATION: Single circle, no ptrs, hands joined.

MUSIC: 4/4 meter

PATTERN

Meas Cts

PART I: Music A.

- | | | |
|-----|-------|--|
| 1 | 1 | Facing ctr, stamp on R ft. |
| | 2 | Hop on R ft, pivoting to face CW. |
| | 3 | Moving CCW, backing up; step L ft behind R. |
| | 4 | Turn to face CCW, take running step with R ft, to R side. |
| 2 | 5-8 | Con't moving CCW, take 4 running steps, L,R,L,R. |
| 3 | 9 | Stamp on L ft, crossing in front of R ft. |
| | 10 | Hop on L ft, pivoting to face CW. |
| | 11 | Facing CW, & moving CCW, take running step with R ft bkwd. |
| | 12 | Con't facing CW, & moving CCW, take running step bkwd with L ft, & turn to face CCW. |
| 4 | 13-16 | Facing CCW, take 4 running steps CCW, R,L,R,L. |
| 5-8 | 17-32 | Repeat Meas 1-4. |

PART II: Music B.

- | | | |
|-----|-------|--|
| 1 | 1-4 | Facing ctr, take 2 vigorous step hops to ctr, R hop, L hop, raising joined hands. |
| 2 | 5-6 | Release hands, & take crossing step hop, R ft over L, clapping hands over head on ct 5. |
| | 7-8 | Take crossing step hop, with L ft over R ft, clapping hands over head on ct 7. |
| 3 | 9-12 | Turning out of circle, turning CW, take 4 running steps, R,L,R,L. End facing ctr. |
| 4 | 13-14 | Step bend sdwd to R (CCW) on R ft, look to R, & extend both hands to the sides, held high. |
| | 15-16 | Step bend sdwd to L (CW) on L ft, look to L, & extend both hands to the sides, held high. |
| 5-8 | 17-32 | Repeat action of Meas 1-4 of PART II. |
- Repeat dance from beginning.

Presented by Rivka Sturman
Idyllwild Workshop - 1968