Me'achoray Hahar

(Israel)

Children's dance from Israel.

Pronunciation:	MEH ah-hoh-RAY hah-HAR	Translation: Behind the mountain
Music:	4/4 meter	*Israeli Dances 2011 CD*, Track 13
Formation:	Short lines of 4-6 people, hands on shoulders or waist of person ahead, like a train	

Meas	4/4 meter	Pattern
		INTRODUCTION.
	I.	WALKING AND JUMPING
1		Walk four steps fwd, R-L-R-L (cts 1-4).
2		Jump fwd three times (cts 1-3); hold (ct 4).
3-8		Repeat meas 1-2 three more times.
	II.	SLAP ALL HANDS
1-2		Everyone turns to one side and hold hands out at waist level, palms up. Leader runs down the line and slaps hands of each person until reaching the end. Leader joins the train at the end, leaving a new leader at the head of the line when the dance begins again.

If the train has five or fewer people, each person gets a turn at being the leader.

Presented by Erica Goldman

Lyrics

Me'achorey hahar	Behind the mountain
Achat, shtayim, shalosh!	One, two, three!
Sham yashvu shlosha gamadim	There sat three dwarfs
Achat, shtayim, shalosh!	One, two, three!
Lo achlu ve'lo shatu	They did not eat, they did not drink
Achat, shtayim, shalosh!	One, two, three!
Rak yashvu ufit'petu	They just sat and chatted
Achat, shtayim, shalosh!	One, two, three!