

**PART TWO**  
FACING CENTER EXTENDING ARMS FORWARD (IN FRONT OF BODY)  
 1 - 2 Step sideways to the right side on the right foot and hold.  
 3 - 4 Close with the left next to the right foot.  
 5 - 8 Repeat 1-4.  
 9 Step-stamp-bend forward vigorously on the right foot as left knee is bent (toes on the floor) while bending elbows also.  
 10 Hold.  
 11 - 12 Straighten legs by putting weight back on the left foot as well while straightening arms forward again.  
 15 - 16 Hold, hold.  
 17 - 24 Repeat 1-8 to the left side with opposite footwork.  
 25 - 32 Repeat 9-16 moving backwards with opposite footwork but with same armwork (step-stamp-bend backward vigorously on the left foot, etc.).

**PART THREE**  
ARMS EXTENDED FORWARD AND BODY BENT FORWARD  
 1 - 2 Step on the right foot to the right side and hold.  
 3 - 4 Stamp with the left ball of the foot in back of the right foot and hold.  
 5 - 8 Repeat 1-4 to the left side with opposite footwork.  
 9 - 16 MAN  
 Step quarter turn to the right side (to face partner) with right, hold, left, hold, right, hold, left and bow head toward partner.  
GIRL  
 Step quarter turn to the left side (to face partner) with same footwork as the man.  
 17 - 24 Repeat 1-8.  
 25 - 32 Repeat 9-16 only this time step quarter turn to face a new partner (on other side: man's left side and girl's right side).

**PART FOUR**  
FACING NEW PARTNER, ARMS EXTENDED FORWARD HOLDING EACH OTHER AT THE ELBOWS  
 1 - 8 Walk a complete CW turn with partner starting on the right foot.  
 9 - 10 Step on the right foot to the right side and clap while leaning to the right side.  
 11 - 12 Reverse 9-10 to the left side with opposite foot, hand, and bodywork.  
 13 - 14 Repeat 9-10.

CARMIT - Hederim LP VI  
 Side B - band 1

MUSIC: Toby A. David  
 DANCE: Shlomo Bechar

#### RONU TZADIKIM (Continued)

**PART FOUR**  
RAISING ARMS UPWARD (FACING PALMS) AS IN PRAYING  
MOTION  
MAN  
 15 - 16 With a hop on left, step on right, step on left make a quarter turn to the right side to face center of the circle for beginning of the dance with original partner.  
GIRL  
 Make a quarter turn to face the center of the circle (to the left side) with same footwork as man to begin dance with original partner.

CARMIT - Hederim LP VI  
 Side B - band 2

MUSIC: N. Hirsh/N. Shemer  
 DANCE: Yonatan Gebai

#### SULAM YAAKOV (Jacob's ladder)

Formation: Circle, facing center, holding hands.

**PART ONE**  
 1 - 4 Step on the right foot to the right side, then close with the left foot next to the right foot and step on the right foot to the right side. Hold.  
 5 - 8 Moving toward the center of the circle step on the left foot and hold, then on the right foot and hold.  
 9 - 12 Repeat 1-4 with opposite footwork moving to the left side, starting with the left foot.  
 13 - 16 Moving backward step on the right foot and hold, then on the left foot and hold.  
 17 - 32 Repeat 1-16.

PART TWO

- 1 - 4 Step on the right foot to the right side and hold, then touch with the left toe across in front of the right foot and hold.
- 5 - 6 Step with the left foot across behind the right foot, then step on the right foot to the right side.
- 7 Step with the left foot across in front of the right foot.
- 8 While pivoting on the left foot, turn to face left (RLDD).
- 9 - 12 Moving in RLDD (CW), mayim step (grapevine): step on the right foot across in front of the left foot, step on the left foot to the left side, step on the right foot across behind the left foot while facing slightly to the right side (LDD) as you lift the left foot.
- 13 - 16 Repeat 9-12 with a mayim (grapevine) step to the right side with opposite footwork by stepping on the left foot across in front of the right foot.
- 17 - 32 Repeat 1-16.

NOTE: WHEN THE MUSIC CHANGES TO 3/4 TIME KEEP THE FOOTWORK THE SAME AS IN PARTS ONE AND TWO BUT ONLY FASTER.

CARMIT - Haderim LP VI  
Side B - band 4

MUSIC: Traditional  
DANCE: Yoav Ashriel

KOL RINA  
(Sound of Melody)

Formation: Couple dance, inside hands joined. Steps are described for the man; girl does opposite footwork.

PART ONE

- 1 - 2 Step on the left foot away from partner, turning slightly away, and touch with the right toe next to the left foot.
- 3 - 4 Step on the right foot towards partner, to face her, and touch with the left toe next to the right foot.
- 5 - 8 Turn away from partner (Man - CCW, and Girl - CW) in 4 steps (left, right, left, right).
- 9 - 16 Make a small circle away from partner, man toward the center (CCW) and girl toward the outside of the circle (CW) in 8 steps as follows: take a big step forward, stretching hands up or snapping fingers (or other Hassidic gesture); then bring right foot next to the left, bending knees sharply. End facing partner and take both hands.
- 17 - 20 Step with left to the left side, right foot together, left to left side, and hold.
- 21 - 24 Change places in 3 steps (right, left, right), girl passes under man's right arm.
- 25 - 32 Repeat 17-24 back to place.

PART TWO

- 1 - 2 Pas-de-basque forward (left, right, left), right shoulders adjacent.
- 3 - 4 Pas-de-basque backward (right, left, right).
- 5 - 8 Repeat 1-4, left shoulders adjacent.
- 9 - 16 Do-si-do around partner, passing right shoulders, in 4 pas-de-basques, and end side by side in skater's position (right hands half over girl's right shoulder).
- 17 - 20 Two two-steps forward.
- 21 - 24 Girl turns to her right under joined right arms in two two-steps. Man helps and both progress forward slightly.
- 25 - 32 In 4 two-steps, turn together as a couple CCW.

CARMIT - Haderim LP VI  
Side B - band 5

MUSIC: Toby A. David  
DANCE: Shlomo Bacher

SHIR HAGALIL  
(Song of the Galilee)

Formation: Circle, holding hands, facing center.

PART ONE

- (Slow Tempo of Music)
- 1 - 2 Step to the left side with the left foot while raising the right knee across the left leg to face the left side and hold.
- 3 - 4 Turn right knee to the right side while pivoting on the left foot to face the right side and hold.
- 5 - 8 Moving CCW: step on the right foot (bent knee), step left, step right (bent knee), and step left.
- 9 - 10 Pivot on the left foot to face the left side while raising the right knee across the left leg to face the left side