

ZEMER NOOGE

Israeli Couple Dance

Choreographed by Ira Weisburd

Song: Zemer Nooge by Ofra Haza

Rhythm: Waltz (3/4 Time)

Formation: Couples (Face to Face, M- Face out of Circle, W- Face into Circle)

Men start with L, Women start with R

Steps described for M. Women use opposite footwork.

PART I. (Join both hands) - Step L side together side, Cross rock recover side with R; Mayim with L 3 steps, Step R to R, Cross rock recover side with L

- 1-3 Step L to L, Step close R to L, Step L to L
- 4-6 Step R across L, recover L on L, Step R to R
- 7-9 Step L across R, Step R to R, Step L behind R
- 10-12 Step R to R, Step L across R, Recover back on R

REPEAT PART I. (1-12)

PART II. (Men's L hand joined with Woman's R) - Woman turns R under Man's L arm to change places, Turn away in 3 steps from partner, Walk 3 steps towards partner, Rock back, recover, together)

- 1-3 M turns the W to her right under his L arm and change places in 3 steps to face partner
- 4-6 M turns away from W in 3 steps (RLR) and at the same time W turns away in 3 steps (LRL)
- 7-9 Walk towards each other in 3 steps (M -LRL, W-RLR)
- 10-12 (Join both hands) Rock back, recover, together

PART III. (Sway LRL, Cross Recover Side; Cross Recover Side, Change places back to original place in 3 steps)

- 1-3 Sway L, R,L
- 4-6 Step R across L, Recover back on L, Step R to R
- 7-9 Step L across R, Recover back on R, Step L to L
- 10-12 W-turns R under Man's L arm in 3 steps changing places while M turns to his L in 3 steps to change places.

PART IV. (Join inside hands facing LOD) M - on inside; W- on outside) - Waltz apart, Waltz together; Waltz together twice.

- 1-3 Waltz apart, 2,3 (LRL)
- 4-6 Waltz together, 2,3 (RLR)
- 7-9 Waltz together (LRL)
- 10-12 Waltz together (RLR)

BEGIN DANCE.