Dane: Rivke Sturman

Music: Naomi Shemer

Record: Hed arzi BAN 14323, side 1, band 5 "Midlyrics"

Formation: Couples in circle, facing CCW, inside hands joined. Steps same for M & W

PART I

1-4 : 4 steps fwd, starting R, bouncing in ta rhythm. Crls

progress fwd together, with W a little in front

5-8 : Skip on R ft fwd, then 3 skips (L,R,L) bwd. The skips

are in synchopated rhythm

9-12 : Repeat 1-4

13-16: 4 skips (synchopated rhythm) fwd, begining R

17-32 : Repeat 1-16

PART II Cpls face ctr of circle, M in front, E behind him. E cen put his hands down and back, with W holding tam.

1-4 : 2 two-steps twd etr of circle (start R ft)

5-6 : 2 steps twd ctr

7-8 : 1 two-step, turning to own R to face out of circle

9-16 : Repeat 1-8, moving out of circle. At the end, both turn ½ L to face fwd again, to start the dance over.

Dance directions by Stan Isaccs