

1966 TEACHER TRAINING

HORA (Israel)

The Hora is the national dance of Israel, having been brought there from the Balkans. It is danced at many festive occasions to many traditional tunes, and is a symbol of national strength and spirit.

MUSIC: Folk Dancer MH 1052; Folkraft 1110; Israel LP 5/6;
Victor EPA 4140.
Piano: Chochem, Corinee, and Roth, Muriel, Palestine
Dances, p. 15; Bellajus, V. F., Dance and Be Merry,
Vol. I, p. 37.

FORMATION: Single circle, facing in. Hands may be joined, or may be extended along neighbor's arms, so elbows or shoulders are gripped.

MUSIC 2/4

PATTERN

Measures

- 1 Jump lightly on both ft, with ft close together (ct. 1),
hop on L ft in place, lightly lifting the R ft (ct. 2).
- 2 Jump lightly on both ft, with ft close together (ct. 1),
hop on R ft in place, lightly lifting the L ft (ct. 2).
- 3 Step (or light leap) to the L with L ft (ct. 1), step (or light leap)
behind L with R ft (ct. 2).

Note: The Hora may be done in either direction, and may have its direction reversed at any time after a brief interlude in which each dancer does this action in place - jump (hold), jump (hold), and jump-jump-jump (hold).