

KI ESHMERA
(Israel)

Source: Ki Shmera means "Sabbath Dance." The dance was choreographed by Ya'acov Levy. Moshiko taught this dance in Sacramento, Calif. in 1980.

Pronunciation: KEY ESH-mear-ah

Music: M.I.H. Records #5, Side 1, band 2.

Meter: 4/4 Note: The dance starts with a two count up-beat (cts. 3 and 4 of the previous meas.). Each step takes 3 1/2 Meas. or 14 counts. The dance has been written by count.

Formation: Circle, facing center, hands down.

<u>Meas.</u>	<u>Count</u>	<u>Pattern</u>
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	28	<u>Introduction:</u>
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Step I:

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|-------|-----------------------------------|
| 1 | Step R to R. |
| 2 | Step L in place. |
| 3-4 | Touch R toe across in front of L. |
| 5 | Touch R toe to R. |
| 6 | Hold |
| 7 | Step on R across in front of L. |
| 8 | Step L in place. |
| 9 | Step on R to R. |
| 10 | Step on L across in front of R. |
| 11-12 | Step on R to R with a small dip. |
| 13-14 | Close L next to R. |

Repeat cts. 1-14 three more times.

Step II: (drop hands)

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|-------|--|
| 1 | Step R to R side. |
| 2 | Bend R knee slightly and snap fingers of both hands to R |
| 3 | Step L to L side. |
| 4 | Bend L knee slightly and snap fingers of both hands to L. |
| 5 | Step R to R side. |
| 6 | Step L to L side. |
| 7-8 | Step R fwd to cntr of circle turning R hip towards cntr and dipping slightly. R hand swoops low toward cntr and starts to come up as you turn to face out. |
| 9-10 | (Now facing out of circle) Step L fwd. R hand comes up behind L - both at chest level and extended fwd - palms out. |
| 11 | (Still facing out) Close R to L. |
| 12 | Bend both knees slightly. |
| 13 | Straighten knees - turn palms in towards your own body |
| 14 | Bend both knees slightly and snap fingers. |
| 15-28 | Repeat cts. 1-14 of Step II, but begin facing out of the circle and ending facing center. |

Presented by Bruce Mitchell