

Kol Hanshama

(Israeli Circle Dance)

Choreographer: Yankele Levy
Translation: The Whole Soul
Music: Israeli Folk Dance Favorites YED7
Formation: Circle, facing center
Position: Simple Hold. Line of Dance - Counter Clockwise
Meter: 4/4

<u>Meas.</u>	<u>Cts.</u>	<u>Dance Description</u>
<u>Part A (Face Counter Clockwise)</u>		
1	1-4	Take 2 slow STEPS forward: Right, Left.
2	1	ROCK Right back.
	2	ROCK Left forward.
	3	STEP Right forward while TURNING to face center, LIFT arms.
	4	STEP Left behind Right, LOWER arms.
3	1	STEP Right to Right.
	2	STEP Left across Right.
	3	STEP Right to Right.
	4	STEP Left behind Right.
4	1	SWAY Right to Right with a big STEP .
	2	SWAY Left to Left, bending knees.
	3	STEP Right beside Left.
	4	HOLD .
5-8		Repeat Measures 1-4, Part A.
<u>Part B (Face Center, Hands Not Held)</u>		
1	1	STEP Right forward.
	2	SNAP fingers.
	3	STEP Left forward.
	4	SNAP fingers.
2	1-2	TURN a 1/2 TURN to Right (Clockwise) with 2 STEPS : Right, Left. Moving forward toward center. End FACING out.
	3	STEP Right forward.
	4	STEP Left beside Right.
3-4		Repeat Measures 1-2, Part B. End FACING center.
5-6		Repeat Measures 1-2, Part B. MOVE Counter Clockwise. End FACING Clockwise.
7-8		Repeat Measures 1-2, Part B. MOVE Clockwise. End FACING Counter Clockwise.
<u>Part C (Face Counter Clockwise, Hands Joined in a Simple Hold)</u>		
1	1-2	Take 2 STEPS forward: Right, Left.
	3	STEP Right forward while TURNING to FACE center.
	4	STEP Left behind Right.
2	1-4	TURN a 1/2 TURN to Right (Clockwise) with 4 STEPS : Right, Left, Right, Left. End FACING out.
3-4		Repeat measures 1-2, Part C. MOVE Clockwise, end FACING center.
5-6		Repeat Measures 1-2, Part C. MOVE toward center, end FACING out.
7-8		Repeat Measures 1-2, Part C. MOVE out away from center, end FACING in.

Dance notes by Ya'akov Eden