

Or

(Israel)

This line dance was created in 2006 at Camp Alonim, Brandeis, California. Camp Alonim is a summer camp for Jewish youth.

Pronunciation: OHR

Translation: Light

Music: 4/4 meter

Stockton Folk Dance Camp 2011

Erica Goldman - Israeli Folk Dances CD, Track 7

Formation: Individual dancers facing the front of the hall.

Steps & Styling: Light and bouncy, with individual interpretation appropriate.

Meas 4/4 meter

Pattern

INTRODUCTION.

I. WALKING, STAMPING

- 1 Walk 4 steps fwd, beg R, bringing both arms up in front, palms down (cts 1-4).
- 2 Walk 4 steps bkwd, beg R, bringing both arms down, palms up (cts 1-4).
- 3 Stamp R 4 times with L hand on waist, R fist making small circles over R shoulder ("power") (cts 1-4).
- 4 March in place four steps beg R, each arm making a half-circle starting in front of the face, R hand moving CW and L moving CCW, like a sunburst, with palms out ("light") (cts 1-4).
- 5 Step R to R, thrusting R hip and R hand to R (ct 1); step L in place with a quarter-turn L (ct &). Repeat cts 1,& three times to complete a 360 degree rotation and end facing the front of the hall.
- 6 Repeat meas 4.
- 7 Repeat meas 3.
- 8 Walk four steps fwd, beg R, with palms up, each moving around a horizontal circle in front of chest, R hand moving CW and L moving CCW (cts 1-4).

II. SIDE-BEHIND-SIDE-CLAP-CLAP

- 1 Step R to R (ct 1); step L behind R (ct 2); step R to R (ct 3); clap hands (ct &); clap hands to upper right (ct 4).
- 2 Repeat meas 1 with opp ftwk to the L, but clap hands in front of face.
- 3 Step R diag bkwd (ct 1); step L next to R (ct 2); repeat cts 1-2 (cts 3-4).
- 4 Shimmy shoulders while bending torso fwd (cts 1-2); shimmy shoulders back while straightening torso (cts 3-4).
- 5 Full turn R with three steps, R-L-R (cts 1-3); clap hands (ct &); clap hands (ct 4).

Or — continued

- 6 Repeat meas 5 with opp ftwk to the L.
 7-8 Repeat meas 3-4.
 9 Walk three steps to R, beg R, rolling arms around each other, hands in fists (cts 1-3);
 clap hands (ct &); clap hands while undulating body in a wavelike motion (ct 4).
 10 Repeat meas 9 with opp ftwk to the L.
 11-12 Repeat Fig 1, meas 1-4.

Presented by Erica Goldman

Lyrics

AT HA'OR

(Ani tzo'ek) or
 ken at ha'or
 At hako'ach v'at hakol
 Ani tzo'ek
 Ori ori or
 Ken at ha'or, at hako'ach, at hakol

Meharega harishon shera'iti
 Et chayay ani shiniti
 Hayit kol mah sheratziti,
 Tzipiti, kiviti bechayay
 Ochez otach bishteit yadai
 Dma'ot shel osher be'einai
 Tzo'ek todah le'elohai
 Natan li et ha'or

Az ani tzo'ek or...

Az achshav ani yode'a she'elokim oti shome'a
 Shalach mal'ach shebi noge'a
 Natan li et ha'or

Shum davar oti lo ya'atzor
 Lo yapil ve'lo yish'bor
 Lo lehabit li shuv le'achor
 Rak lekivun ha'or

Az ani tzo'ek or...

Or
 Ken at ha'or
 At hako'ach at hakol

YOU ARE THE LIGHT

(I scream out) light
 Yes you're the light
 You are the power and you are everything
 I scream out
 My light, my light, light
 Yes, you are the light, you are the power, you are everything

From the first moment that I saw (you)
 I changed my life
 You were all that I wanted,
 Expected, hoped for in my life
 I hold you with my two hands
 Tears of joy are in my eyes
 I scream out thanks to my God
 You gave me the light

So I scream out light...

So now I know that God hears me
 [God] sent an angel that touches me
 [God] gave me the light

Nothing will stop me
 Nor make me fall or break me
 Not to look back again
 Only in the direction of the light

So I scream out light...

Light
 Yes, you are the light
 You are the power, you are everything