

# Shikor V'lo Meyayin - Israel

Choreographed by Barry Avidan - 1999

Circle dance, arms in V-position, hands held wherever possible. Meter 4/4

## Measure Count Step

### Part I

- |     |     |                                                                                                                                                                                            |
|-----|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1   | 1-4 | Step on R foot to R (1), close L foot to R foot (2), step on R foot to R (3), hop on R foot (4)                                                                                            |
| 2   | 1-4 | Step on L foot across R foot, turning to face diagonally R (1), hop on L foot, turning to face center (2), step on R foot across L foot (3), step on L foot to L, turning to face LOD (4). |
| 3   | 1-4 | Step backwards on R foot (1), hop on R foot (2), step backwards on L foot (3), hop on L foot (4).                                                                                          |
| 4   | 1-4 | Step backwards on R foot (1), turning to face center, step on L foot to L (2), step on R foot across L foot (3), hop on R foot (4).                                                        |
| 5-8 |     | Repeat measures 1-4 with opposite footwork and in opposite direction.                                                                                                                      |

### Part II

- |   |     |                                                                                                                                                                               |
|---|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | 1-4 | Facing center, step forward on R foot (1), hop on R foot (2), step forward on L foot (3), hop on L foot (4).                                                                  |
| 2 | 1-4 | Jump off of L foot, landing on both feet with R foot across L foot (1), jump, landing with feet apart (2), jump, landing with feet together (3), jump, landing on R foot (4). |
| 3 | 1-4 | Step backwards on L foot (1), hop on L foot (2), step backwards on R foot (3), hop on R foot (4).                                                                             |
| 4 | 1-4 | Make complete three-step turn to the L, starting on L foot (1-3), hop on L foot (4).                                                                                          |
| 5 | 1-4 | Step on R foot across L foot (1), step on L foot in place (2), hop on L foot (3), step on R foot to R (4).                                                                    |
| 6 |     | Repeat measure 5 with opposite footwork and in opposite direction.                                                                                                            |
| 7 | 1-4 | Step on R foot to R, leaning to R (1), make complete three-step turn to L, starting on L foot and leaning to L on count 4 (2-4).                                              |
| 8 | 1-4 | Make complete three-step turn to R (1-3), step on L foot across R foot (4).                                                                                                   |
| 9 | 1-4 | Step on R foot to R, pivoting to face out of circle (3), step on L foot to L, turning to face LOD (2), run forward on R foot (3), run forward on L foot (4).                  |

**Repeat Part I****Repeat Part II, measures 1-8****Part III**

- |      |     |                                                                                                                                                                               |
|------|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1    | 1-4 | Facing center, step on R foot to R, leaning to R with L leg sticking out to L (1), hop on R foot (2), hop on R foot again (3), step on L foot behind R foot (4).              |
| 2    | 1-4 | Step on R foot to R (1), step on L foot across R foot (2), hop on L foot with R leg sticking out to R (3), hop on L foot again (4).                                           |
| 3    | 1-4 | Make complete three-step turn to R (1-3), step on L foot across R foot (4).                                                                                                   |
| 4    | 1-4 | Step on R foot slightly to R (1), step backwards on L foot (2), close R foot to L foot (3), step forward on R foot (4).                                                       |
| 5    | 1-4 | Run forward on R foot (1), run forward on L foot (2), run forward on R foot (3), run forward on L foot (4).                                                                   |
| 6    | 1-4 | Jump off of L foot, landing on both feet with R foot across L foot (1), jump, landing with feet apart (2), jump, landing with feet together (3), jump, landing on L foot (4). |
| 7    | 1-4 | Run backwards on R foot (1), run backwards on L foot (2), run backwards on R foot (3), hop on R foot, sticking L leg slightly out to L (4).                                   |
| 8    |     | Repeat measure 7 with opposite footwork.                                                                                                                                      |
| 9-16 |     | Repeat measures 1-8.                                                                                                                                                          |

The dance is done three times. After the third time through, Part III is repeated with the music starting out slower than normal, and gradually speeding up to incredibly fast.

- [Main Menu](#)
- [Folk Dance Index by Country](#)
- [Folk Dance Index - S](#)

---

*Bob Shapiro*

(785) 286-0761

[rshapiro11@cox.net](mailto:rshapiro11@cox.net)

Copyright © 2002, Robert B. Shapiro

URL: <http://www.recfd.com/>