

SHIMRI LI AL HAMANGINAH
Couple Dance

Translation: Keep My Melody
Dance: Shlomo Maman
Meter: 4/4
Formation: Couples in Varsovienn position, facing LOD (CCW)
Note: Footwork same for M and W



<u>Measures</u>	<u>Counts</u>	<u>Description</u>
<u>Part A</u>		
1	1	Brush R fwd.
	2	Hold
	3	Step R fwd. w/bent knee
	4	Step L back
2	1	Step R back w/bent knee
	2	Step L fwd.
	3-4	The W turns w/2 steps R, L, a 1/2 turn CW w/out letting go of hands. The M takes 2 steps in place, R, L, M end facing LOD
		Slow two-step w/R, M moves fwd., W moves back
3	1-4	Slow two-step w/L, M steps in place, W turns L, CCW and returns to original place on M's R.
4	1-4	Slow two-step w/L, M steps in place, W turns L, CCW and returns to original place on M's R.
		Slow two-step w/L, M steps in place, W turns L, CCW and returns to original place on M's R.
		Slow two-step w/L, M steps in place, W turns L, CCW and returns to original place on M's R.
		Slow two-step w/L, M steps in place, W turns L, CCW and returns to original place on M's R.
5	1	Sway R to R
	2	Step L to L, W turns on L 1/2 a turn CCW, end up w/back to LOD, CCW
	3	Step R to R while holding L hand
	4	Hold
6	1-4	Slow two-step w/L, M moves in place, W turns 1/2 a turn L, CCW, to end up on M's L in promenade position
		Slow two-step w/L, M moves in place, W turns 1/2 a turn L, CCW, to end up on M's L in promenade position
		Slow two-step w/L, M moves in place, W turns 1/2 a turn L, CCW, to end up on M's L in promenade position
		Slow two-step w/L, M moves in place, W turns 1/2 a turn L, CCW, to end up on M's L in promenade position
7	1-4	Slow two-step R fwd.
8	1-4	Slow two-step L, M Steps in place, W turns 1 turn to R, CW, end up in original place.
9-16		Repeat Meas. 1-8, Part A, end facing partner, M w/back to center w/out holding hands

<u>Part B</u>		
1	1-4	3 Step turn to R- R, L, R and hold. Partners get away from each other, M mover CW, W moves CCW
2	1-4	Repeat Meas. 1, Part B, reverse footwork and direction. Partners end up facing w/out holding hands.
3	1	Step R back w/bent knee
	2	Step L fwd.
	3	Step R fwd. on ball of foot, body rises. R hands joined down, R shoulders adjacent. L hands held high above heads.
	4	Hold
4	1-3	Change place w/a 3 step turn to L, CCW- L, R, L, by letting go of R hand and turning under L hand.
		Change place w/a 3 step turn to L, CCW- L, R, L, by letting go of R hand and turning under L hand.
		Change place w/a 3 step turn to L, CCW- L, R, L, by letting go of R hand and turning under L hand.
		Change place w/a 3 step turn to L, CCW- L, R, L, by letting go of R hand and turning under L hand.
5-8	4	Hold
		Repeat Meas. 1-4, Part B, end up in original place
		Repeat Meas. 1-4, Part B, end up in original place
		Repeat Meas. 1-4, Part B, end up in original place

<u>Part C - (face partner, L hands joined)</u>		
1	1-2	2 Sways R, L
	3	Cross R over L w/bent knee
	4	Step L in place while joining R hand above L hand
		Step L in place while joining R hand above L hand
2	1	Step R back
	2	Hold

(contid.)

SHIMRI LI AL HAMANGINAH (continued)

<u>Measures</u>	<u>Counts</u>	<u>Description</u>
		<u>Part C - (continued)</u>
	3	Step L fwd. while turning to face LOD, CCW, M turns L,
	4	end up in Varsovienn position W turns R,
3-4		Hold
5-8		2 Slow two-steps fwd.- R, L
		Repeat Meas. 1-4, Part C

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SHIR OLEH ME'EMEK
Circle Dance

Translation: Song Rising From the Valley
Dance: Yossi Ilan
Meter: 4/4 and 2/4
Formation: Circle in a simple hold



<u>Measures</u>	<u>Counts</u>	<u>Description</u>
		<u>Part A</u>
1	1	Cross R over L w/ bent knees
	2	Step L to L on ball of foot
	3	Step R behind L w/ bent knees
	4	Step L to L on ball of foot
2	1-4	Repeat Meas. 1, Part A
3	1-2	Step-hop R fwd.
	3-4	Step-hop L crossing L over R on the step
4	1-2	Step-hop R back
	3-4	Step-hop L to L
		<u>First Interlude - (Meter 2/4)</u>
1	1-2	2 Sways - R, L
		<u>Part B - (Meter 4/4)</u>
1-4		Repeat Meas. 1-4, Part A
		<u>Second Interlude - (Meter 2/4)</u>
1	1-2	2 Sways - R, L
2	1-2	Step-hop R crossing R over L
3	1-2	Step-hop L crossing L over R
4	1	Place R heel fwd.
	2	Hop L while lifting R w/bent knee
		<u>Part C - (Meter 4/4)</u>
1	and	Hop L
	1	Jump w/both feet to R, weight on R
	2	Cross L over R
	3-4	Repeat cts. and 1-2, Meas. 1, Part C
2	1-2	2 Sways - R, L
	3-4	2 Hops on R while turning a full turn to R
3-4		Repeat Meas. 1-2, Part C, reverse footwork and direction
		<u>Third Interlude - (Meter 2/4)</u>
1-4		Repeat Meas. 1-4, Second Interlude

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