

Shir Sameach

(Israel)

Shir Sameach, meaning "a happy song," was choreographed by Glora Kadmon to music by Y. Zeira.

Pronunciation:

Cassette: D, Edery--Israeli Folk Dances Side A/9

4/4 meter

Formation: Circle facing CCW, hands joined in V-pos.

Counts

Pattern

INTRODUCTION. No action.

PART I

- 1-2 Leap onto R in place while raising L knee fwd; leap onto L while raising R knee fwd.
- 3 Shift body wt to ball of R ft; step on L in place.
- 4 Repeat ct 3.
- 5-8 Repeat cts 1-4.
- 9-10 Jump on both ft together in place, knees bent; turn body to L rising on balls of ft; repeat to R.
- 11 Leap on R in place; stamp on L with wt in place.
- 12 Brush R fwd.
- 13-16 Repeat cts 9-12.
- 17-18 Moving into ctr, run fwd R, L.
- 19-20 Step fwd on ball of R ft, R shldr to ctr; shift wt to full R; step on L across over R; step on R ball of ft to R; shift wt to full R; step on L across in front of R.
- 21-22 Slight leap fwd onto R to ctr; facing ctr, Step-Bend fwd on L.
- 23-24 Step on R behind in place; step bkwd on L.
- 25-32 Four Step-Hops bkwd to line of circle R, L, R, L.

PART II

- 1-4 Facing CCW, run fwd on R; Mayim step with L moving CCW in LOD.
- 5-8 Step-Hop fwd with R, L.
- 9-12 Repeat cts 1-4.
- 13-16 Step-Hop R while turning CCW; facing CW, Step-Hop bkwd with L.
- 17-32 Repeat cts 1-16.
- 33-36 Repeat Part I, cts 9-12.
- 37-40 Repeat cts 33-36.

PART III

- 1-2 Run R, L in place.
- 3 Slight leap onto R in place.
- 4 Raise L bent leg fwd.
- 5-8 Repeat cts 1-4 with opp ftwk.
- 9-16 Repeat cts 1-8.
- 17-32 Repeat Part I, cts 17-32.

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