

SHIRU HASHIR (Sing the Song)

Dance: Leah Bergstein

Music: Shelem

Formation: Lines, join hands, face CCW.

PART ONE

- 1-2 : Body down. Run fwd 2 steps, RL
- 3-6 : Body up. Run 4 steps from side to side, right to right side and left to left side, RLRL
- 7-8 : Step-hop on R in place, at the same time extending L fwd
- 9-11 : Run 3 steps bwd, LRL
- 12-13: Step-hop on R in place, at the same time extending L fwd
- 14 : Run 2 steps in place, LR
- 15 : L in place
- 16-30: Repeat 1-15

PART TWO (Face Center)

- 1 : Tap R heel in place
- 2 : Leap on R in place
- 3-4 : Repeat 1-2 with L
- 5-8 : Repeat 1-4
- 9 : Step on R fwd. Body bends down and arms swing bwd
- 10 : Pause
- 11-12: Step-hop on L bwd. Body up and arms swing up
- 13-24: Repeat 9-12 three more times. Travel gradually to right side while doing 9-24.
- 25-30: Double Tcherkessia, start R
- 31 : R crosses over L in front
- 32 : L bwd and 1/4 turn to right, facing CCW
- 33 : Run R fwd
- 34 : Run L fwd, on AND make 1/2 turn to left, facing CW
- 35 : Leap on R bwd, arms swing up
- 36 : L bwd, on AND make 1/2 turn to right, facing CCW. Arms down.