

- 9 - 10 Repeat 5-6.
 11 - 12 Step and pivot on the left foot to the left side to face CW (R.L.O.D.).
 13 - 16 Run forward on right, left, right, and left.
 17 - 18 Jump down with both knees bent and with right foot slightly in front of the left foot and hold.
 19 - 20 Straighten knees and hold.
 21 - 22 Repeat 17-18.
 23 - 24 Hop-land on left foot with right knee raised high (slightly leaning back) and hold.
 25 - 26 Step-stamp forward on the right, then left foot while bending body and head.
 27 - 28 Step back on right then left foot while straightening body and head.
 29 - 30 Step-hop forward on the right foot while turning to the right side to face CCW (L.O.D.).
 31 Step-stamp forward on the left heel while leaning back.
 32 Step-stamp forward again on the same left foot still leaning back.
 Note: Counts 31-32 should progress, not to be done in place
 Repeat 1-32.

PART TWO

- FACING CENTER.
 1 - 2 Step with the right foot to the right side and hold.
 3 - 4 Pivot on the same right foot to face the left side (R.L.O.D. CW) while raising left knee high and hold.
 5 - 8 Reverse 1-4 with opposite footwork.
 9 - 10 Facing CCW (L.O.D.) again, step forward on the right, then left foot.
 11 - 12 Step-fall forward vigorously on the right foot while bending right knee and while keeping left ball of the foot in back. Hold.
 13 While joining both feet together, swing-jump forward on both feet.
 14 Swing-jump backward on both feet.
 15 Swing-jump forward on both feet.
 16 Step-stamp backward on right ball of the foot.
 17 Step back on the left foot.
 18 - 68 Repeat 1-17 three times.

CARMIT - Hadorim LP VI
 Side A - band 4

MUSIC: Y. Reken
 DANCE: Shlomo Bacher

Sephardic

YIRA AMI
 (My people shall fear)

Formation: Couple dance, partners face each other. Man faces center of circle, and girl is with back to center of circle.

PART ONE

- MOVING IN R.L.O.D. (CW)
 1 - 4 Grapevine step to the left side; (cross with the right foot over the left, etc.)
 5 - 6 Stamp-cross with the right foot in front of the left and step back on the left foot.
 MOVING IN L.O.D. (CCW)
 7 - 8 Step on the right foot to the right side and cross with the left over the right.
 9 Continue to the right side (L.O.D.) by stepping on the right foot.
 10 Step-together: step on the left foot and close with the right foot.
 11 - 12 Step on the left, then right foot.

PART TWO

- FACING EACH OTHER WHILE MOVING TOWARD EACH OTHER'S RIGHT SHOULDER
 1 - 4 Run forward on the right foot, then left, step-hop right while keeping left leg up (bent knee) and toss upward (facing left) as you touch each other's right hand with left arm extended to one's side.
 5 - 7 Step back on left, right, and left foot.
 8 - 11 While taking each other's right hand, switch places by stepping forward on the right, left, right, and close with left foot (end up facing each other).
 12 Hold.
 13 - 16 Repeat 1-4.
 17 - 18 Step back on the left, then right foot.
 19 - 21 Turn counter clockwise moving to the left side by stepping on the left, right, then left foot.
 22 Hold.
 23 - 24 Step to the right side with the right foot (bending knees) and close with the left foot while ending up facing new partner.

NOTE: You will be alternating partners throughout the dance.

CARMIT - Hadarim LP VI
Side A - band 5

MUSIC: Traditional
DANCE: Shlomo Bachar

Sephardic

KI ASHAMERAH
(I will be protected)

Formation: Circle, facing center, holding hands.

PART ONE

- 1 Cross with the right foot in front of the left (bending knee).
- 2 Step on the left foot to the left side.
- 3 Repeat count 1.
- 4 - 6 While facing center step on the left foot (put weight), step on the right to the right side (put weight), and step on the left foot to the left side (put weight).
- 7 - 8 In place cross-touch with right heel in front of left foot, then lift right leg high (bent knee with toes pointed to the right side).
- 9 - 10 Repeat 7-8.
- 11 Step-cross with right over left foot while pivoting (on the right foot) to face L.O.D. (right side).
- 12 Hold.
- 13 - 15 Step-together-step: step on the left, close with the right, and step on left foot.
- 16 Hold.
- 17 - 19 (Still facing L.O.D.) Sway forward on the right foot, sway back on the left foot, and sway forward on the right foot.
- 20 Step-turn on the left foot to face the left side (sharply).
MOVING IN R.L.O.D. (CW)
- 21 Cross with the right foot in front of the left foot while snapping fingers once at waist level (in a circular motion; towards oneself).
- 22 Step (travel) on left foot.
- 23 Repeat 21.
- 24 Hold.
- 25 - 28 Yemenite step to the left side.
- 29 - 46 Repeat 1-28.

PART TWO

- 1 - 4 Clockwise turn in place (arms raised up high): step on the right foot while snapping fingers once and hold, step on the left foot while snapping fingers once and hold.
- 5 - 8 Repeat 1-4.
FACING CENTER
- 9 - 10 Keeping arms raised up high, stamp on the right foot to the right side while snapping fingers once (lower arms).
- 11 - 12 Lift-raise left leg (bent knee) in front of the right foot.
- 13 - 16 Reverse 9-12 with opposite footwork (to the left side).
- 17 - 20 Step back on the right foot, then back on the left foot, step forward on the right foot, and hold.
- 21 - 24 Step back on the left foot, then back on the right foot, stamp forward on the left heel, and hold.
- 25 - 28 Yemenite step to the left side.

CARMIT - Hadarim LP VI
Side A - band 6

MUSIC: Traditional
DANCE: Shlomo Bachar

Sephardic

HAKTANTANA HISHIKA
(The blushing bride)

Formation: Couple dance, facing CCW, holding hands (man inside circle).
Man's steps are described; girl does opposite footwork.

PART ONE

- 1 - 3 Turning CW half a turn: step on the right (dropping hands), step on the left, and right foot.
FACING CW
- 4 Step forward on the left foot.
- 5 Step on the right foot (bending knee) while clapping hands twice (fast).
- 6 Step forward on the left foot.
- 7 - 8 Repeat 5-6.
- 9 - 12 Yemenite step to the right side (on the 3rd and 4th count step-hop in front of the left foot).
- 13 Step on the left foot to the left side (towards partner; still facing CW).