

Amalel Shir

(Israel)

Amalel Shir, meaning “I shall sing a song,” was choreographed by Shlomo Maman to music by Avihu Medina.

Pronunciation:

CD: D. Edery–Israeli Folk Dance—1999

4/4 meter

Formation: Short lines in a circle, facing ctr, hands joined in V-pos.

Counts

Pattern

INTRODUCTION

Bounce L knee, lifting R leg fwd, knee bent.

PART I

- 1-2 Step on R to R; bounce R knee.
- 3-4 Close L next to R with a sharp bounce of knees, twisting body to R.
- 5 Straighten knees and body, swinging head up and to R.
- 6 Bend knees and body, turning head to face front and down.
- 7 Repeat ct 5 to L.
- 8 Bounce L knee, lifting R knee and turning head to face front.
- 9-32 Repeat cts 1-8 three more times (4 total).

PART II

- 1 Releasing hands and moving twd ctr, Step-Bend fwd on R diag to R, body bent, snapping fingers to R at belt level, palms facing each other.
- 2 Hold.
- 3-4 Repeat cts 1-2 with opp ftwk and direction (with L to L).
- 5-8 Repeat cts 1-4, continuing to move into ctr.
- 9-12 Full turn CW with R, L, R knees and body bent;.step on L next to R, facing ctr.
- 13 Step on R to R, knee bent, extending R hip to R and snapping fingers to R at waist level.
- 14 Step on L in place.
- 15-16 Step on R next to L; hold.
- 17-31 Repeat cts 1-15.
- 32 Bounce L knee.

PART III

- 1-2 Joining hands, step on R to R; bounce R knee.
- 3-4 Step on L in front of R; sharply bounce L knee.
- 5 Step on R in place with knee bent, bending body slightly.
- 6 Small step on L to L, straightening knees.
- 7-8 Step on R in front of L; bounce R knee.
- 9-16 Repeat cts 1-8 with opp ftwk and direction.

Amalel Shir—continued

INTERUDE

- 1 Step fwd on R twd ctr with knee bent, extending R hip, snapping fingers at belt level.
- 2 Hold.
- 3 Step on L to L and away from ctr.
- 4 Pivot 3/4 on L CCW and end facing ctr.

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Presented by David Edery.

Israeli Steps

1. Mayim Step: A 4-step Grapevine, beginning with R ft crossing over L; L to L side; R behind L; L to L side. May also beg L.
2. Tcherkessia (Cherkessia): Step fwd on R (ct 1); step on L in place (ct 2); step bkwd on R (ct 3); step on L in place (ct 4); May beg with L ft.
3. Double Cherkessia: Step on R across in front of L (ct 1); step back on L (where it was) (ct 2); step on R beside L (ct 3); step on L across in front of R (ct 4); step back on R (where it was) (ct 5); step on L beside R (ct 6).
4. Yemenite L: Step on L ft to L, bending knees (ct 1); step on R toe next to L heel, straightening knees (ct 2); step on L across in front of R, bending knees (ct 3); hold, straightening knees easily (ct 4). No not turn hips.
5. Yemenite R: Same as Yemenite L but with opp ftwk and direction.
6. Yemenite with Hop: Same ftwk as Yemenite Step, but on ct 4 do a hop instead of a hold.
7. Backward Yemenite: Step bkwd on R, bending knee (ct 1); step on ball of L beside R (ct 2); step fwd on R (ct 3); hold (ct 4).
8. Fast Yemenite (or Quick Yemenite or Double-time Yemenite) Step: Same ftwk as Yemenite Step, but takes only 2 cts of 4/4 meter (cts 1, &, 2); hold (ct &). Usually repeated with opp ftwk for cts 3, &, 4.
9. Step-bend: Step on R (L) in designated direction (ct 1); bend and straighten R (L) knee (ct 2).