

HA'EMEK HU CHALOM  
(The Valley is a Dream)

Dance: Moshiko Halevy  
Music: Moshe Rappaport

Meter: 4/4  
Intro: 4 meas

Formation: Cpl dance; begins in single circle with W on M's R.

- Meas      Pattern I
- 1      fcng ctr: stp on R to R bend R knee slightly (1), bounce on R ft  
3 times (2-4) while arm shapes an arch in space from L to R, with  
arm extended (1-4)
- 2      repeat meas 1 to L
- 3-4      stp R to R (1), stp L XFR (2), stp R to R (&), stp L XFR (3)  
stp R to R (4), stp L to L (5), turn full turn to L (CCW), while  
hpng 2 times on L (6-7), stp on R to R (8)
- 5-8      repeat meas 1-4 reversing direction and ftwk, starting with the L to the L.
- Pattern II
- 9      fc & travel to COH: stp fwd R (1), small leap fwd on to L (2)  
tch R heel fwd (3-4); while arms, with elbows bent and palms up,  
raise to waist level (1-2), wrists turn inward 1/2 turn (3), and  
clap hands (4)
- 10-11      repeat meas 9 two more times
- 12      turn 1/2 turn to R (CW) with R, L (1-2), bring R next to L, knees slightly  
bent (3), lift R ft bk, R knee bent and hop slightly on L (4).
- 13-16      repeat meas 9-12 fcng & traveling to bk of hall, but on last meas  
M do not turn to fc ctr.

Repeat dance from beginning with W fcng ctr & M fcng BOH, diag  
L of ptr. On last meas M again do not turn; W will end on M's R,  
both fcng ctr. Repeat dance from beginning.

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