

Ha'or - Israel

Choreographed by Benny Levy - 1993

Circle dance, arms in V-position, hands held wherever possible (frequently done without holding hands).
Meter 4/4

Measure Count Step

Part I

- | | | |
|-----|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | 1-4 | Facing R, step forward on R foot (1), step forward on L foot (2), step forward on R foot (3), step on L foot across R foot (4). |
| 2 | 1-4 | Step on R foot in place (1), make a three step-step 1 1/4 turn circle to the L, starting on L foot (2-4). |
| 3 | 1-4 | Facing center, step on R foot to R (1), step on L foot behind R foot (2), step on R foot to R (3), step on L foot across R foot (4). |
| 4 | 1-4 | Step on R foot to R (1), bounce or hop on R foot, lifting L leg forward with knee bent (2), step slightly backwards on L foot (3), close R foot to L foot (&), step forward on L foot (4). |
| 5-8 | | Turn to face R and repeat measures 1-4. |

Part II

- | | | |
|-----|-----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | 1-4 | Face R and step forward on R foot (1), step forward on L foot (2), step forward on R foot (3), close L foot to R foot (&) step forward on R foot (4). |
| 2 | 1-4 | Step on L foot to L (towards center) (1), step on R foot behind L foot, and turn to face center (2), step forward on L foot (3), close R foot to L foot (&), step forward on L foot (4). |
| 3 | 1-4 | Step on R foot in front of L foot (1), step on L foot in place (2), make a complete two-step turn to R starting on R foot, while moving out of circle (3-4). |
| 4 | 1-4 | Step backwards on R foot (1), step on L foot in place (2), step forward on R foot (3), step on L foot in place (4). |
| 5-8 | | Face to the R and repeat measures 1-4. |
| 9 | 1-4 | Make a complete four-step turn to the R, starting with R foot (1-4). |

Part III

- | | | |
|---|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | 1-4 | Facing center, step on R foot to R (1), bounce or hop on R foot while lifting L leg with knee bent and starting to bring it around behind R leg (2), step on L foot behind R foot (3), step on R foot to R (4). |
|---|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

cont...

- 2 1-4 Step on L foot across R foot (1), step on R foot to R (&), step on L foot across R foot (2), make complete two-step turn to R, starting with R foot and moving in LOD.
- 3-4 Repeat measures 1-2
- 5 1-4 Facing center, step backwards on R foot (1), step on L foot in place (2), step forward on R foot (3), hop on R foot (4).
- 6 1-4 Step forward on L foot (1), step forward on R foot (2), stamp L foot next to R foot (3), stamp L foot again (4).
- 7 1-4 Step backwards on L foot (1), step backwards on R foot (2), step backwards on L foot (3), step backwards on R foot (4).
- 8 1-4 Step on L foot to L, leaving some weight on R foot (1) sway to R (2), step on L foot across R foot, step on R foot in place and pivot 3/4 turn to face LOD (4).
- 9 1-4 Step forward on L foot (1), close R foot to L foot (&), step forward on L foot (2), facing center, step on R foot to R, leaving some weight on the L foot (3), sway L (4).

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