

Presented by Dani Dassa

HAROA HAKTANA
(Israel)

- MUSIC:** Record: "Dance Along With Sabra", Tikva Records, T - 69, Side 2, Band 3. The music is in 4/4 time.
- SOURCE:** This dance was choreographed by Joathan Karmon. The title means "Little Shepherdess."
- FORMATION:** A circle of individual dancers, all facing center; arms are down, close to the body. The jumps described are with feet about 9 inches or more apart. The circle moves CCW. The hands are NOT joined during the dance.
- STEPS:** Balance Step - step R to R (ct. 1); close L to R (ct. &); shift weight to R and hold (cts. 2 &). Reverse footwork when going to the L.

THE DANCE

Meas.

1-4

IntroductionPART I

- 1 Jump on both feet (ct. 1), hop on R, turning CW $\frac{1}{2}$ turn to the R, finishing with back toward center of circle (ct. 2). Jump on both feet (ct. 3), hop on L, turning CCW $\frac{1}{2}$ turn to L to face center again (ct. 4).
- 2 Jump on both feet (ct. 1), hop on R, turning CCW $\frac{1}{2}$ turn to L, finishing with back twd center of circle (ct. 2), jump on both feet (ct. 3), hop on L, turning CW $\frac{1}{2}$ turn to R to face center again (ct. 4).
- 3 Jump on both feet (ct. 1), hop on R, turning CW $\frac{1}{2}$ turn to R, finishing with back to center of circle (ct. 2). Jump on both feet (ct. 3), hop on L, turning CW $\frac{1}{2}$ turn to R to face center again (ct. 4).
- 4 Balance step to R (cts. 1 & 2 &). Lift R arm on ct. 1. Balance step to L (cts. 3 & 4 &). Lift L arm on ct. 3, keeping R arm up.
- 5-8 Repeat meas. 1-4, Part I.

PART II

- 1 Jump on both feet turning CCW $\frac{1}{4}$ to L (ct. 1), hop on R going twd ctr of circle, and turning CW $\frac{1}{2}$ to face LOD (ct. 2). Jump on both feet (ct. 3), hop on L leaning twd ctr (ct. 4). Arms are down at sides.
- 2 Jump on both feet (ct. 1), hop on R, moving twd outside of circle and turning CCW $\frac{1}{2}$ turn to face RLOD (ct. 2). Jump on both feet (ct. 3), hop on L, leaning out of circle (ct. 4).
- 3 Face ctr of circle and repeat meas. 4, Part I
- 4-6 Repeat meas. 1-3, Part II.
- 7 Step-hop on R in place (cts. 1,2). On hop kick L ft fwd, bending knee. Take 2 running steps in place (L,R), kicking free ft bwd (cts. 3,4).

Continued...

HAROA HAKTANA (cont'd)

Page - 2

Meas.

8

Repeat meas. 7, Part II, reversing footwork.

Repeat dance three more times. (4 times in all)

as taught by Dani Dassa

Federation Institute

February 12, 1966