

Hein Yerunan

(Israel)

Formation: Line, face CW, join hands.

Part I

- 1 R fwd.
- 2 L bkwd.
- 3 R taps behind L.
- 4 Hold.
- 5-8 4 running steps in place from side to side RLRL.
- 9-16 Repeat 1-8.

Part II

- 1 Run 2 steps fwd RL.
- 2 Run R fwd.
- 3 Jump on both feet (Debka) turn knees to R side.
- 4 Hop on L (knees CW).
- 5-16 Repeat 1-4 three more times. On last beat, hop on R and face center.

Part III

- 1 L brushes in front of R (circular movement)
- 2 Leap on L to L side.
- 3 Stamp R in front of L.
- 4 Hold.
- 5-8 Repeat.
- 9-12 4 running steps in place from side to side (if possible tap after each run with free foot) LRLR.
- 13 L brushes in front of R (circular movement).
- 14 Hop on R.
- 15 L taps behind R.
- 16 Hold.
- 19-24 Repeat 9-16.  
On last beat shift weight on L and face CW in order to be able to start the dance.