

DANCE: HORA

CHOREOGRAPHER: Shlomo Maman

MUSIC: Avi Toledano

STRUCTURE: One stanza, 4 parts

FORMATION: Circle, arms on shoulders, facing center, moving CCW

NOTES:

NOTATIONS: PART ONE

1 - 4 Step R to right cross L behind, repeat the step
5 - 6 Step R FWD and chug, knees bent, L raised behind R
7 - 8 Cross L behind R, step R to right, cross L over, hold
9 - 16 Repeat 1-8
17 - 18 Kick R to right, extended knee, step R to right, cross L over, hold

19 - 20 Repeat 17-18
21 - 24 Sway R, L, step R to right, cross L over
25 - 28 Repeat 17-24

PART TWO (holding hands down)

1 - 2 Step-together-step with R to right, raise arms, speak: "HORA"
3 - 4 Repeat 1-2 with L to left, hands down
5 - 8 Step R FWD to center, right hip and arms FWD, speak: "HAY"
complete full turn CCW, with L, R, L, ending facing center, join hands
9 - 10 Step R to right slight hop and raise L bent across
11 - 12 Repeat 9-10 with L to left
13 - 16 Step R CCW, mayim step with L CCW
17 - 32 Repeat 1-16

PART THREE

1 - 4 Body bent, hold hands beg. R "pivot step" (down-up) into center

while stamping R, and slightly touching L toe beside, hold on R
5 - 8 Stepping BWD to LOD, L, R, L, stamping R slightly beside L
9 - 12 Sway R, L, R while turning body sharply to right and left
13 - 24 Repeat 1-12

PART FOUR

1 - 32 Repeat 1-32 of part TWO