

- 14 Close the right foot next to the left foot.
 15 - 16 Making a quarter turn to face your partner, step on the left foot and close with the right next to the left.

PART TWO HOLDING EACH OTHER'S RIGHT HAND IN ARC FORMATION (ABOVE HEAD)

- 1 - 8 While turning girl four times (clockwise turns); step-cross with the right foot over the left (bending knees), then step on the left foot to the left side and repeat three more times.
DROP HANDS, FACING EACH OTHER
 9 - 10 Step hop on the right foot.
 11 - 12 Step in place on the left foot, then right.
 13 - 14 While bending upper torso toward each other clap hands twice.
 15 - 16 Step backwards on the right, then left foot.

PART THREE HOLDING EACH OTHER'S RIGHT HAND IN ARC FORMATION (ABOVE HEAD) AND EACH OTHER'S LEFT ARM DOWN

- 1 - 8 Turn together CW; pivot on the right and step on the left foot. Repeat three times (total of four times).
 9 - 14 Repeat 9-14 of PART TWO.
 15 - 16 Step on the right foot towards partner to face CCW as in the beginning of the dance and close with the left foot, holding hands.

CARMIT - Hadarim LP VI
 Side A - band 7

MUSIC: Traditional
 DANCE: Yonkele Levy

MORA HADERA
 (Hora of Hadera (town))

Formation: Circle, facing CCW, left hand on own shoulder with palm facing upward, and right hand holding person's palm in front.

PART ONE FACING CCW

- 1 - 4 Walk four step forward on right, left, right and left.
 5 - 6 Touch with the right heel forward in front of the left foot and hold.
 7 Step back on the right foot.
 8 Step forward on the left foot.
 9 - 32 Repeat 1-8 three more times.

PART TWO FACING CENTER OF CIRCLE

- 1 - 4 Walk four step forward into the center of the circle on right, left, right and left.
 5 - 8 Touch with the right heel forward in front of the left foot two times, while arms are raised twice also.
 9 - 16 Repeat 1-8 going backward away from the center of the circle.
 17 - 32 Repeat 1-16.

PART THREE FACING CENTER OF CIRCLE

- 1 - 4 Step on the right foot to the right side, on the left foot in back of the right, on the right to the right side, and kick the left leg to the left side.
 5 - 8 Repeat 1-4 in reverse to the left side with opposite footwork.
 9 - 10 Step on the right foot to the right side and touch with the left ball of the foot next to the right.
 11 - 12 Repeat 9-10 in reverse to the left side with opposite footwork.
 13 - 16 Turn CW to the right side (while travelling) on right, left, right, and close with left.
 17 - 32 Repeat 1-16 in reverse with opposite footwork starting with step on the left foot to the left side, etc.

CARMIT - Hadarim LP VI
 Side B - band 1

MUSIC: Toby A. David
 DANCE: Shlomo Bachar

Chassidic RONU TZADIKIM
 (Song of the righteous man)

Formation: Couple dance, facing center of circle, holding hands up (elbows at shoulder level), girl on man's right side.

PART ONE MOVING CCW

- 1 - 7 Step-bounce forward on the right, left, right, left, right, left, right.
 8 Stamp with the left heel in front of the right foot.
 9 - 16 Reverse 1-8 to the left side (CW) with opposite footwork.