

Hora Hadera - Israel

Choreographed by Yankele Levy

Circle Dance, arms in Zemer Atik position (L hand on own L shoulder, palm up and R hand resting on L palm of person in front of you. Meter 4/4

Measure Count Step

Part I

- | | | |
|-----|-----|---|
| 1 | 1-4 | Facing LOD, run forward on R foot (1), run forward on L foot (2), run forward on R foot (3), run forward on L foot (4). |
| 2 | 1-4 | Touch R heel forward (1), hold (2), step back on R foot (3), step on L foot in place. |
| 3-8 | | Repeat measures 1-2 three times. |

Part II

- | | | |
|-----|-----|--|
| 1 | 1-4 | Facing center with arms in W-position, run forward on R foot (1), run forward on L foot (2), run forward on R foot (3), run forward on L foot (4). |
| 2 | 1-2 | Touch R heel forward and extend arms up above head (1), lift R leg with knee bent and lower arms slightly but not back to shoulder height (2). |
| | 3-4 | Repeat counts 1-2. |
| 3-4 | | Repeat measures 1-2 in opposite direction. |
| 5-8 | | Repeat measures 1-4. |

Part III

- | | | |
|-----|-----|--|
| 1 | 1-4 | Facing center with arms in shoulder hold, step on R foot to R (1), step on L foot behind R foot (2), step on R foot to R (3), touch L foot next to R foot (4). |
| 2 | | Repeat measure 1 with opposite footwork and in opposite direction. |
| 3 | 1-4 | Step on R foot to R (1), touch L foot next to R foot (2), step on L foot to L (3), touch R foot next to L foot (4). |
| 4 | 1-4 | Drop hands, and in three steps, starting on R foot, make a complete turn to R. End facing center (1-3). Hold (4). |
| 5-8 | | Repeat measures 1-4 with opposite footwork and in opposite direction. |

Note: One set of notes I have says that Part III is done in V-position rather than with a shoulder hold.

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Robert B. Shapiro

(785) 286-0761

rshapiro11@cox.net

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