

HORA MEDURA - Israeli Circle Dance, choreographed by Yoav Oshriel  
 Formation: Circle, hands held at shoulder level, all facing ctr. Meter: 4/4

- MEAS    PATTERN    SLIDING STEP MOVING CCW, IN & OUT.
- 1        Step on R to R (1). Close L to R (&). Step on R to R (2).  
 Close L to R (&). Step on R to R (3). Close L to R (&).  
 Step on R to R (4). Close L to R (&).
  - 2        Four running steps in to ctr, hands brought up and fwd  
 R, L, R, L (1,&,2,&). Four running steps backing out  
 from ctr, hands brought back from position in front of  
 body to shoulder level, R, L, R, L (3,&,4,&).
  - 3-4      Repeat action of meas 1-2.

PART II, TRAVELLING IN CW DIRECTION, GRAPEVINE & STAMPS.

- 1        Running grapevine stepping R crossing in front of L (1). Step  
 on L to L (&). Step on R crossing in back of L (2). Step on  
 L to L (&). Turn to face to L - CW, bend body, run four steps  
 fwd in CW direction, R,L,R,L (3,&,4,&).
- 2        Repeat grapevine action meas 1, part II, cts 1,&,2,&. Turn to  
 face directly to ctr, lift hands, stamp on R (3). Lift R  
 bending L knee slightly (&). Repeat action of stamp bend  
 stamping R, bending L knee slightly (4,&).
- 3-4      Repeat action meas 1-2, part II.