

Hora Medura - Israel

Choreographed by Yoav Ashriel

Circle Dance, arms in W-Position, but with palms facing out and touching neighbor's palm. Meter 4/4

Measure Count Step

Part I

- | | | |
|-----|-----|--|
| 1 | 1-4 | Facing center, Step on R foot to R (1), close L foot to R foot (2), step on R foot to R (3), close L foot to R foot (4). |
| 2 | 1-4 | Repeat measure 1 |
| 3 | 1-4 | Facing center, lower arms into V-position (holding hands) and run forward onto R foot (1), run forward onto L foot (2), run forward onto R foot (3), hop on R foot (4). During these four beats, arms are raised to slightly above horizontal level. |
| 4 | 1-4 | Repeat measure 3 with opposite footwork and in opposite direction while lowering arms back into V-position. |
| 5-8 | | Repeat measures 1-4 |

Part II

- | | | |
|-----|-----|--|
| 1 | 1-4 | (<i>Grapevine step to L</i>) Facing center, step on R foot across L foot (1), step on L to L (2), step on R foot behind L foot (3), step on L foot to L (4). |
| 2 | 1-4 | Face L, bend forward slightly and take four running steps in RLOD. |
| 3 | | Straighten up and repeat measure 1. |
| 4 | 1-4 | Standing very straight, stamp R foot without taking weight (1), hold (2), stamp R foot again (3), hold (4). |
| 5-8 | | Repeat measures 1-4. |

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Bob Shapiro

(785) 286-0761

rshapiro11@cox.net

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