

HORA NIRKODA

DANCE: Yoav Oshriel

MUSIC: Lavry

Formation: Circle, hold hands, face the center.

PART ONE

Count 1-4 : Mayim step R. R crosses in front of L, move CW
5-8 : Repeat Mayim step
9-10 : Step-hop R fwd (toward center and raise arms)
11-12 : Step-hop L fwd
12-16 : 4 running steps bwd, start R (away from center and
lower arms)
17-32 : Repeat 1-16.

PART TWO

Change direction, face CCW

Count 33 : Leap R fwd
34 : Run L fwd
35 : Leap R fwd
36 : Run L fwd
37-38 : Release hands, Run 2 steps in place RL and turn to
right side at the same time. End up facing the center.
39-40 : Run 2 steps in place RL and join hands.
41 : R to right side (stamp and lift arms)
42 : Hold
43 : L to left side (stamp)
44 : Hold
45-48 : Arms and body bend down. 4 running steps in place RLRL.
Body and arms raise gradually.
49-64 : Repeat 33-48.