

HORA NIRKODA

NIRKODA

(Israel)

Origin: Israel, original name "Hey, nirkoda!"

Music: Record: "Dans met ons ..." S211.

Formation: Closed circle of cpls (M with ptr on his R), facing ctr, hands joined and down.

Measures

Pattern

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| A1 | 1-4 | On the spot, starting with R ft, eight running steps, swinging the L leg bkwd and the R leg fwd, without movements of the body. |
| | 5-6 | Facing slightly and moving R, four steps fwd. |
| | 7-8 | Facing ctr, four hops on the L ft, moving to the R and striking the R ft on the L ft. |
| A2 | 1-8 | Repeat action of A1. |
| B | 1-2 | Release hands, single circle, ptrs facing, all two step-close steps to the R. |
| | 3 | ♣ R ft to the R. |
| | 4 | ♣ 1/2 turn to the R on the R ft and L ft beside R ft. |
| | 5-8 | ♣ 1/2 turn to the R on the L ft and jump on both ft. |
| | 9-12 | ♣ On the spot leap on the R ft. |
| | 13-16 | Repeat action meas 1-4 in opp direction (turning to the L and ending with leap on L ft). Ptrs pass one another. |
| | 17-20 | Repeat action of meas 1-4, but last leap on L ft, ptrs standing one before the other. |
| | 21-24 | The R hand on the L hip of the ptr, the L hand over head, turn twice CW around, starting with R ft. |

Presented by Huig Hofman