

Dance: Danny Heiman

Music: O. Sofer

HORA OR

(Hora of Light)

Formation: Circle, all join hands.

PART ONE: Facing Counter Clockwise

- 1- 4 Run on right, left, right, left.
5- 6 Leap and land on both feet apart (facing center)
, and cross with left foot over the right.
7- 8 Repeat 5-6.
9-32 Repeat 1-8, so that you'll have a total of 4 sets.

PART TWO

- 1- 4 Turn clockwise (to your right side): right, left,
right and jump lightly in place on both feet
in open position with bent knees.
5- 8 Turn counter clockwise (to your left side): left,
right, left, and jump lightly in place on both
feet in open position with bent knees.
9-16 Into the center of the circle: step-hop right, left
and walk back on right, left, right and close
with left.
17-32 Repeat 1-16.

PART THREE: Facing Center

- 1- 4 Stamp on right foot to the right side, cross with
the left over the right foot, step-hop on right
in place while kicking the left leg in front of
the right foot to the right side.
5- 8 Reverse 1-4 to the left side.
9-10 Jump on both feet in open position with bent knees
and lean to your right.
11-12 Jump on both feet in open position with bent knees
and lean to your left.
13-16 Turn clockwise (to your right side): right, left,
right, and left.
17-32 Repeat 1-16.