

HORA SIMKAT HE'AMEL (Workers' Hora)

Dance: Rivka Sturman  
 Music: Efi Netzer  
 Lyrics: Efi Netzer

Dance description written by Kenneth Spear.  
 Approved by Rivka Sturman on her visit to  
 the U.S.A. in 1965

Formation: Single circle, no partners, hands joined.

Part I Music A 4/4 meter.

- | Meas. | Count | Description  |
|-------|-------|--|
| 1.    | 1     | Facing center stamp on right foot  |
|       | 2     | Hop on right foot, pivoting to face CW.  |
|       | 3.    | Moving CCW, backing up, step left foot behind right.   |
|       | 4     | Turn to face CCW, take running step with right foot, to right side.                                  |
| 2.    | 5-8   | Continue moving CCW, take four running steps, left, right, left, right                               |
| 3.    | 9     | Stamp on left foot, crossing in front of right foot.   |
|       | 10    | Hop on left foot, pivoting to face CW.   |
|       | 11    | Facing CW, and moving CCW, take running step with right foot backward                                |
|       | 12    | Continue facing CW, and moving CCW, take running step backward with left foot, and turn to face CCW. |
| 4.    | 13-16 | Facing CCW, take four running steps CCW, right, left, right, left.                                   |
| 5-8   | 17-32 | Repeat measures 1-4.   |

Part II Music B

- | Meas. | Count | Description  |
|-------|-------|--|
| 1.    | 1-4   | Facing center, take two vigorous step hops to center, right hop, left hop, raising joined hands                |
| 2.    | 5-6   | Release hands, and take crossing step hop, right foot over left, clapping hands over head on count 5.          |
|       | 7-8   | Take crossing step hop, with left foot over right foot, clapping hands over head on count 7                    |
| 3.    | 9-12  | Turning out of circle, turning CW, take four running steps, right, left, right, left. End facing center.       |
| 4.    | 13-14 | Step bend sideward to right (CCW) on right foot, look to right, and extend both hands to the sides, held high. |
|       | 15-16 | Step bend sideward to left (CW) on left foot, look to left, and extend both hands to the sides, held high.     |
| 5-8   | 17-32 | Repeat action of measures 1-4 of part II.  |

Repeat dance from beginning.

Circle Dance

Tikva Records #5 45-98-9