

I REMEMBER - Hadarim IV,
Side B, band 5

MUSIC: Traditional
DANCE: Shlomo Sechar

ISRAEL, ISRAEL

CHASSIDIC:

ISRAEL

FORMATION: Circle

PART I

FACING CENTER, MOVING CW, ARMS ON SHOULDERS.

- 1 - 2 Step-hop cross with the right foot over the left while swinging the left leg to the left side.
3 - 4 Step-hop on the left foot while swinging the right leg to the right side.
5 - 8 Mayim step (grapevine step) to the left side starting by crossing the right over the left.
9 - 16 Repeat 1-8.

PART II

- 1 - 4 Mayim step (grapevine step) to the left side starting by crossing the right over the left.
5 - 8 FACING CW vigorously stamp, hold, stamp, hold on the right foot while raising head high.
9 - 12 RELEASE ARMS and turn twice CW moving to your right (RLOD), Finish FACING THE CENTER.
13 - 16 Jump twice in place: Jump, hold, jump, hold.

PART III

FACING CENTER, MOVING BACKWARD (OUTSIDE OF THE CIRCLE).

- 1 Hop backward on the right while raising the left knee up and while raising both arms (palms up) in Chassidic movement.
2 Step back on the left while lowering arms.
3 - 4 Repeat 1-2.
5 - 6 Step on the right leaning to the right side while raising both arms (palms up) in Chassidic movement also to the right side, and hold.
7 - 8 Repeat 5-6.
HOLD HANDS, MOVING INTO THE CENTER
9 - 12 Step hop on the right, and cross-step-hop with the left in front of the right.
13 - 16 Step backward (to place) right, left, right, left while keeping both arms (palms up) in Chassidic movement extended in front of body.
17 - 32 Repeat 1-16.

PART IV

FACING CENTER, HOLDING ARMS

- 1 - 2 Stamp with the right to the right side while turning head also and hold.
3 - 4 Repeat 1-2.
5 - 8 Turn in place CW (to right) with four small steps r,l,r,l, keeping both arms (palms facing body) in Chassidic movement slightly above head (right arm higher than left arm).
9 - 12 Repeat 1-4.
13 - 16 In place hop on right and kick left, hop on left and kick right, hop on right and kick left, hop on left and kick right.
17 - 32 Repeat 1-16.

Continued...

TERMINOLOGY AND ABBREVIATIONS

(Before reconstructing a dance, carefully read the following explanations.)

LDD	Line of direction
RLOD	Reverse line of direction
Step	Put full weight on foot
Touch	No weight on foot
R.	Right foot
L.	Left foot
FWD.	Forward
BWD.	Backward
CW	Move according to the clock
CCW	Move counter clockwise

Every dance has a 4 measure introduction. All the steps described are done to a $\frac{1}{2}$ note unless otherwise indicated. Also, every step can be reversed starting with the other foot.

Step-hop:	Step and hop on the same foot (2 counts).	
Yemenite Left:	Yemenite step left: Step with the left foot to the left side (bend knees), step on the right toe in back of the left foot, step-cross with the left foot in front of the right; hold on the 4th count.	
Yemenite Right:	Reverse the Yemenite left, starting with the right foot to the right side.	
Mayim Step moving to the right side:	Facing the center of the circle: step-cross with the left foot over the right, step with the right foot to the right side, step-cross with the left foot behind the right, step with the right to the right side.	
Mayim Step moving to the left side:	Reverse the Mayim Step moving to the right side starting with step-cross with the right foot over the left.	
Debka Jump:	Jump with feet together while turning knees to left side. Jump again while turning knees to original position.	
Pés de Basque: {	Hora Step to the Left:	Little hop on the left foot, hop on toes of the right foot right next to the left, hop back on the left foot.
	Hora Step to the Right:	Reverse Hora Step to the Left.
Cherkessiya:	Cherkessiya:	Step with right foot forward, while raising arms up, step backward with the left foot bringing arms down, step backward with right foot, step forward with the left foot (4 steps to 4 counts).
	Double Cherkessiya:	Right foot crosses over the left foot, step on the left foot in back of the right, step on the right foot to the right side. Then reverse: left foot crosses over the right foot, step on the right foot in back of the left, step on the left foot to the left side. Add: right foot crosses over the left foot, step on the left foot in back of the right.