

HORA KEFF 1997

MAYIM V'ESH

Dance by: Meir Shem-Tov
Music by: Meir Shem-Tov

Formation: Circle

- PART I: Face center, regular hand hold (soft music)
- 1-4 Step R to right, sway L, full turn to R in 2 steps, R,L
- 5-8 Step R to right, sway L, cross R behind L, raising L leg around to left and behind in an arc
- 9-10 Step back on R (to finish the arc), touch R toes near L
- 11-12 Pivot 1/2 turn to right in place and step fwd on R (outside circle), turn back to left to face center, by stepping on L in place
- 13-16 Rock fwd on R, back on L in place, full turn to right (backwards) in 2 steps, R,L
- 17-20 Step fwd to center in 2 steps, R,L, turn 1/4 turn to left, step R to right (to center), cross L behind R
- 21-24 Wide step R to right (to center), sway L, cross R behind L, step L to left
- 25-28 Large step with R crossing over L, step L in place while turning 1/4 turn to right (to face center), wide step R to right, while turning additional 1/4 turn to R (to face LOD), cross L over R
- 29-32 Stamp R in place behind L, while turning left to face center, full turn to left, while doing a double-time cherkessia (4 quick steps), LRLR, then step fwd on L
- 33-60 Repeat counts 1-28
- 61-64 Close R to L, and jump 4 times while turning a full turn to left with legs together
- PART II: Face center, (exciting music)
- 1-6 Repeat Part I, counts 1-6
- 7-8 Cross R over L, bending over, step back on L in place, straightening up (face center)
- 9-12 Open mayim with R to right
- 13-14 Jump on both legs to the right, while twisting body to the left, step-hop on L, while returning to left, and straighten body
- 15-16 Cross R behind L, lift L leg forward and begin to bring it around to make an arc
- 17-20 Finish arc, and hop back on L, make backwards cherkessia with R
- 21-22 Run fwd 2 steps to center of circle, RL
- 23-24 Lightly step onto balls of R fwd, quickly step onto L behind R, 2x, while moving diagonally to R to center (ba-bum step)
- 25-28 Run fwd 2 steps to center, RL, high jump onto R while raising hands and raising L leg behind R knee (passe)
- 29-32 Step back on L while turning 1/4 turn to right, step R while turning additional 1/4 turn to right (face outside), high jump fwd onto L raising hands and raising R leg behind L knee
- 33-64 Facing outside, repeat Part II, counts 1-32, end facing center
- PART III: Ending
- 1-4 Run fwd 2 steps to center, run fwd additional step on R, clapping, hop on R in place, raising hands up, (run, run, hop, clap on 3rd count)
- 5-8 Step fwd on L to center while turning 1/4 turn to R (L shoulder to center), cross R over L, 2 claps with hands held high near head to center, while bending twice (while legs are crossed)
- 9-12 Small step with L (which is already crossed behind R) even further to the right, large step with R to right (to outside), cross L over R, step-hop on L while turning 1/4 turn to left
- 13-16 Face center, 2 quick cha-cha steps bwds to circle line, holding hands, and bending fwd