

NITSANIM ~~NERU-BA'ARETS~~
ISRAELI CIRCLE DANCE

Translation: Buds Were Seen in the Land
 Dance: Ts'vi Fridhaver
 Record: Israeli Folk Dances (Vol. 3) Effi Netser MM 30922
 Formation: Circle in a simple hold
 Meter: 6/4, 7/4, 4/4

6/4

<u>Measure</u>	<u>Counts</u>	<u>Part A</u>
1	1-6	6 running steps R,L,R,L,R,L

7/4

2	1	Jump on both feet apart
	2	Leap on L while crossing over R
	3-4	Repeat cts. 1-2 Meas. 2 Part A
	5	Leap to R forward
	6-7	Jump on both feet and land on L back
3-4		Repeat Meas. 1-2 Part A

4/4

Part B

1	1-2	Step-hop R while swinging L fwd
	3-4	Step-hop L while swinging R back
2		Repeat Meas. 1 Part B
3	1	Sway R to R
	2	Step L to L
	3	Place R heel fwd while bending L knee
	4	Hop on L
4	1-4	4 step turn in LOD (CCW) R,L,R,L
5-8		Repeat Meas. 1-4 Part B

Presented by Ya'akov Eden