

~~OD~~ ISHAMA
ISRAELI CIRCLE DANCE

Translation: IT WILL BE HEARD
 Dance: Yonatan Gaba'i
 Record: Israeli Folk Dances (Vol. 3) Effi Netser MM 30922
 Basic Steps: Walk, sway, lift
 Formation: Circle in a simple hold
 Meter: 4/4

<u>Measure</u>	<u>Counts</u>	<u>Part A</u>
1	1-2 3-4	2 steps R,L in LOD (CCW) step-hop R while lifting L
2		repeat meas. 1 Part A, reverse footwork and direction
3		4 sways R,L,R,L
4	1-3 4	3 step turn CCW R,L,R shift weight to L
5-8		repeat meas. 1-4 Part A
 <u>Part B</u> 		
1	1-4	2 slow step R,L R to R, L behind R
2	1-2 3-4	step R to R step R to R and lift L in front
3-4		repeat meas. 1-2 Part B, reverse footwork and direction
5	1-3 4	3 steps R to R, Lbehind R, R to R lift L in front of R
6		repeat meas. 5 Part B, reverse footwork and direction
7	1-2 3-4	step R to R, lift L in front of R step L to L, lift R in front of L
8	1-3 4	3 step turn R,L,R in LOD (CCW) shift weight to L

presented by Ya'akov Eden