

R'KOD HAT'LAIM
(Israel)

R'Kod Hat'Laim means "The Dance of the Flocks "

Record: Folkraft 1106A

Formation: A large circle of cpls, M backs to ctr. Their palms held open and upward. W face M with their palms resting on their ptrs.

Measures Pattern

- I.
- 1 - 2 With 8 running steps run CW in place describing a complete circle.
- 3 - 4 Repeat above action in the reverse direction (CCW).
- 5 Release hold. Stoop down. Clap ptrs R hand (on syncopated note) with own R, clap ptrs L with own L. Repeat R and L again. With each clap rise higher and with the claps shout "Ha, ha, ha, ha."
- 6 Repeat the clapping downward and this time shout "Ho, ho, ho, ho."
- 7 Stand erect. Place palms together and push hands up until straight, then directly down, shouting "Hey" (once).
- 8 Stand in original pos. Do a balance step with a slight knee bend (debka bend) to own L and to R.
- 9 M repeats once more the two debka bends while the W either runs up to or turns to the M to her R with 4 running steps.

Repeat dance from the beg.

Presented by: Vyts Beliajus