

TFILLAT HASHACHAR (Prayer at Dawn)

Dance: Moshiko
Music: Oriental Folk

FORMATION: Circle, arms down, face center.

PART ONE (This part is danced 'flowingly')

- 1-2. R to right side and $\frac{1}{2}$ turn to right side, back is turned to center.
- 3-4. L to left side.
- 5-6. R crosses behind L and clap hands low in front of body, bending body forward.
- 7-8. L to left side, starting $\frac{1}{2}$ turn to L side.
- 9-13. Feet together, facing center of circle, with arms on neighbors' shoulders: Bounce 5 times. The last bounce is somewhat deeper than the others.
- 14. Hold.
- 15-16. Bounce twice.
- 17-18. Small leap on R foot to R side.
- 19-20. L crosses in front of R.
- 21-22. R closes to L (weight on both).
- 23-24. R to R side.
- 25-26. L touches next to R.
- 27-30. Reverse 23-26, start L to L side.
- 31. Arms down.
- 32. Hold.
- 33-64. Repeat 1-32.

PART TWO (This part is stacatto)

- 1-4. Face CCW. Join hands. Yem. L. Leap on first step.
- 5-6. Brush R forward.
- 7-9. Three steps forward (step R, bring L next to it, step R).
- 10. Hold.
- 11-12. L forward.
- 13-14. R closes to L.
- 15-16. Hold.
- 17-18. R forward.
- 19-20. L closes to R (no weight).
- 21-22. L forward.
- 23-24. R closes to L.
- 25-26. L to L side.
- 27-28. R closes to L (no weight).
- 29-30. R to R side.
- 31-32. L closes to R.
- 33-64. Repeat 1-32.

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