

(Zion Arise)

Israel

SOURCE: This song has gained new meaning & popularity lately. It's high spirit & vehement tune leads to a stormy hora, inviting everyone to join the circle.
Lyrics: Book of Isaiah.

FORMATION: Circle - face CCW, hands joined down. Move CCW, turn to R side. Begin on L.

 PATTERN

Cts

PART A:

- 1 - 4 Grapevine: L cross in front of R, R to R side. L cross behind R, R to R side.
- 5 - 8 Step-hop on L; step-hop on R, advancing vigorously.
- 9 - 32 Repeat 1-8 three times more.

PART B:

Face ctr of circle, move CW.

- 1 - 2 Step-bend on L to L side.
- 3 - 4 Step-bend on R to R side.
- 5 Leap on L to L side.
- 6 Cross R in front of L.
- 7 - 8 Repeat 5-6.
- 9 - 24 Repeat 1-8 two times more.
- 25 - 26 Step-bend on L to L side.
- 27 - 28 Step on R, release hands & turn to R side.
- 29 - 32 4 running steps CCW, L,R,L,R, with 4 hand claps over R sho.
Begin again with Grapevine CCW & joining hands.

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