

A N ' I M Z M I R O T (HECHASSID)

Formation of Group: Lines - usual hand holding.

Dance: Jonatan Gabay

Structure of Dance: One stanza - 4 parts.

Music: Effi Netzer

PART A'

- 1 - 3 3 steps starting with right.
4 lifting left foot forward.
5 - 7 same as 1 - 3 starting with left.
8 lifting right foot forward.
9 - 16 same as 1 - 8.
17 - 32 1 - 16 is repeated, on 32 a turn to the left on left foot.

PART B'

- 1 - 2 mark time on right and lift left.
3 transferring weight to left while crossing in front of right.
4 transferring weight to right.
5 - 6 mark time on left and lift right.
7 transferring weight to right while crossing in front of left.
8 transferring weight to left.
9 - 16 same as 1 - 8.

The whole section is done while progressing and folding arms close to body and holding hands.

PART C' (in a faster rhythm)

- 1 - 3 3 leaps on right with progress to right and crossing left before right.
4 leap on right in the course of the crossing.
5 - 12 1 - 4 to be repeated twice.
13 - 14 2 leaps on right.
15 transferring weight to left while crossing before right.
16 transferring weight to right foot.
17 - 32 same as 1 - 16 to the left and with left foot.

PART D'

- 1 - 4 3 steps to the right on right and lifting left crosswise forward.
5 - 8 same as 1 - 4 starting with left to the left.
9 - 12 2 knee bending steps backward starting with right.
13 - 16 4 walking steps backward (while slowing the rhythm).

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North Country Folk Dance' Camp

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