

TERMINOLOGY AND ABBREVIATIONS

(Before reconstructing a dance, carefully read the following explanations.)

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|-------|-----------------------------|
| LOD | Line of direction |
| RLDD | Reverse line of direction |
| Step | Put full weight on foot |
| Touch | No weight on foot |
| R. | Right foot |
| L. | Left foot |
| FWD. | Forward |
| BWD. | Backward |
| CW | Move according to the clock |
| CCW | Move counter clockwise |

Every dance has a 4 measure introduction. All the steps described are done to a $\frac{3}{4}$ note unless otherwise indicated. Also, every step can be reversed starting with the other foot.

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| Step-hop: | Step and hop on the same foot (2 counts). |
| Yemenite Left: | Yemenite step left: Step with the left foot to the left side (bend knees), step on the right toe in back of the left foot, step-cross with the left foot in front of the right; hold on the 4th count. |
| Yemenite Right: | Reverse the Yemenite left, starting with the right foot to the right side. |
| Mayim Step moving to the right side: | Facing the center of the circle: step-cross with the left foot over the right, step with the right foot to the right side, step-cross with the left foot behind the right, step with the right to the right side. |
| Mayim Step moving to the left side: | Reverse the Mayim Step moving to the right side starting with step-cross with the right foot over the left. |
| Dabka Jump: | Jump with feet together while turning knees to left side. Jump again while turning knees to original position. |
| Pas de Basque/Hora Step to the Left: | Little hop on the left foot, hop on toes of the right foot right next to the left, hop back on the left foot. |
| Hora Step to the Right: Cherkessiya: | Reverse Hora Step to the Left. Step with right foot forward, while raising arms up, step backward with the left foot bringing arms down, step backward with right foot, step forward with the left foot (4 steps to 4 counts). |
| Double Cherkessiya: | Right foot crosses over the left foot, step on the left foot in back of the right, step on the right foot to the right side. Then reverse: left foot crosses over the right foot, step on the right foot in back of the left, step on the left foot to the left side. Add: right foot crosses over the left foot, step on the left foot in back of the right. |

HADARIM VII - Israeli
Side A - band 1

MUSIC: Toby David
DANCE: Shlomo Bachar

ARRAYIM (Sunset)

Formation: Couples, facing CCW, girl in front of man, holding girl's left and man's right hand.

PART ONE

- 1 - 4 Walk forward on right, step together with left, step right, and hold while keeping arms extended.
- 5 - 8 MAN IN PLACE, while bending knees slightly, pulls and turns girl towards himself (with same right arm).
GIRL turns CCW on left, right, left, and hold, towards man (spiral-turn to the left side around own left arm, around

- man's right arm, winding up against man still holding arms both facing CCW).
- 9 - 12 MAN turns girl with right arm away from him, so that she unwinds back in front of him.
GIRL turns CW on right, left, right, and hold, away from man winding up with extended arms.
 13 - 16 Repeat 5-8 without holding hands.
 17 - 28 Repeat 1-12.
 29 - 32 Repeat 5-8 without holding hands with $1\frac{1}{2}$ turn so that the girl winds up facing partner.

- PART TWO
RIGHT ARMS ON EACH OTHER'S SHOULDERS.
 1 - 4 Yemenite step to the right side: step on right to right side, step on left to left side, brush right foot from back to front and hop on left foot.
 5 - 6 Step forward on right foot.
 7 - 10 Brush left foot to the front, hold, then to the back, hold.
 11 - 12 Yemenite step to the left side: step on left to left side, step on right to right side.
 13 - 16 FACING EACH OTHER holding both hands extended sideways, turn together CW stepping on left, right, left, hold, ending up both facing CCW (LOD, as beginning of dance) standing side by side holding inside hands (girl on outside of the circle).

- PART THREE
 1 - 4 Walk forward together on right, hold, left, hold.
 5 - 8 Run forward on right, left, step-hop on right while turning CW (to right side to face RLOD).
 9 - 12 MOVING CW: Walk forward on left, hold, right, hold.
 13 - 16 Run forward on left, right, step-hop on left while turning CCW (to left side).

- PART FOUR
 1 - 16 Repeat Part Two 1-16.

- PART FIVE
 1 - 16 Repeat Part Three 1-16.

HADARIM VII - Chassidic
 Side A - band 2

MUSIC: Toby David
 DANCE: Shlomo Sachar

RIKUD CHASSIDI
 (Chassidic Dance)

Formation: Circle, arms on each other's shoulders.

- PART ONE
 1 - 4 With very straight legs, but with bouncy steps, step to the right side with the right foot, step on left in back of right, to the right side with the right foot, and stamp on left heel to the left side while leaning to the right side.
 5 - 8 Repeat 1-4 to the left side (in reverse).
DROP HANDS
 9 - 16 Walk around yourself in a big circle in 8 counts, starting on right foot with thumbs under armpits (chassidic movement).
 17 - 32 Repeat 1-16.

- PART TWO
INTO CENTER OF CIRCLE WITH RIGHT SHOULDER LEADING.
 1 - 8 Step on right foot to right side and close with left foot (four times) while upper torso leans forward as you push arms and fingers four times out towards the center on counts 1, 3, 5, and 7 (chassidic movement).
RETURN TO CIRCLE.
 9 - 16 Step on left foot to left side and close with right foot (four times) while upper torso leans forward as you hit left hand on left thigh four times on counts 1, 3, 5, and 7 (chassidic movement).
 17 - 32 Repeat 1-16.

- PART THREE
FACING CW.
 1 - 8 Step forward on right, left, right, left while making chassidic gestures with head, arms and hands (head and arms down on count 1 and slowly up on counts 2, 3, and 4).
 9 - 16 Turn to your right (CW) as you walk right, left, right, left left while leaning backward, with chest forward and while making circular motions with index finger near sideburns. (chassidic movement).
 17 - 32 Repeat 1-16.