

PART THREE GIRL'S STEPS ARE THE SAME AS MAN'S.
 1 - 4 Step-cross with the right foot over the left foot while touching each other's right palm, then step in place on the left foot, close with the right foot, and hold.
 5 - 8 Repeat 1-4 with opposite arm and footwork starting with the step-cross on the left foot over the right foot.
 9 - 11 Yemenita to the right side and end up on right heel in front of left foot.
 12 Hold.
 13 - 14 Lift right leg with bent knee in front of left leg and hold.
 15 Step-sway on right foot in back of left.
 16 Step-sway in front of left foot.
 17 - 18 Repeat 15-16.

PART FOUR GIRL'S STEPS ARE THE SAME AS MAN'S.
HOLDING EACH OTHER'S RIGHT ARM RAISED UP HIGH WHILE EACH OTHER'S LEFT ARM REMAINS DOWN.
 1 - 8 Together make a clockwise turn while stepping on the right foot, together with the left foot, step right, together left, step right, together left, step right, together left.
FACING EACH OTHER, HOLDING HANDS.
 9 - 10 Rock back on the right foot, while the right arm is bent at the elbow and the left arm remains extended forward, then rock forward on the left foot.
 11 - 12 Step forward on the right foot next to partner's right side (so that you are now standing side by side facing each other still) while holding hands with both arms bent at the elbows (as if creating a window). Then step back on the left foot.
 13 - 16 Step in place on right, left, right, left.

PART FIVE MAN'S STEPS
MAN'S LEFT HAND HOLDS GIRL'S RIGHT HAND RAISED UP HIGH, MAN'S RIGHT HAND HOLDS GIRL'S LEFT HAND DOWN (Man should use his right hand to turn girl).
 1 - 2 Step-cross with the right foot over the left moving to the left side while bending right knee, then step on the left foot in same direction.
 3 - 8 Repeat 1-2 three more times (total of 4).
GIRL'S STEPS
 1 - 4 Turn clockwise (moving to the right side) while stepping on right, left, right, and close with left foot.
 5 - 8 Repeat 1-4.
GIRL'S STEPS ARE THE SAME AS MAN'S.
 9 - 16 Repeat 1-8, PART FOUR, only with opposite armwork: HOLDING EACH OTHER'S WAISTLINE WITH THE RIGHT HAND WHILE THE LEFT ARM IS RAISED UP HIGH.
 17 - 18 Sway on right foot to right side.
 Sway on left foot to left side.

HADARIM VII - Oriental (Persian)
 Side B - band 5

MUSIC: Traditional
 DANCE: Shlomo Bachar

BE BUCHARA MAYAFA
 (The Beautiful Buchara,
 Capital of Persia)

Formation: Line dance, facing CCW, holding hands.

PART ONE
 1 - 4 Four running steps forward starting with r,l,r,l.
 5 - 6 Jump forward on both feet and hold.
 7 - 8 Jump on both feet backward, then forward again.
 9 - 16 Repeat 1-8.

PART TWO FACING CENTER
 1 - 3 Step to the right side on the right foot, cross with the left foot in back of the right, step to the right side with the right foot.
 4 Stamp the left heel vigorously to the left side while raising arms up.
 5 - 8 Repeat 1-4 in reverse to the left side.
MOVING INTO THE CENTER
 9 - 10 Step forward on r,l.
 11 Step-fall on the right foot forward while also landing on left ball of foot in back of the right heel.
 12 Hold.
 13 Stamp back in place on the left ball of foot.
 14 Hold.
 15 - 16 Step back 2 quick steps r,l.

PART THREE

- 1 - 2 Step on the right foot to the right side, step on the left foot to the left side.
- 3 - 4 Brush the right foot from the right side to the left side and hop on the left foot.
- 5 Step-cross with the right foot in front of the left
- 6 Hold.
- 7 - 8 Moving to the left, step quickly on the left then right foot.
- 9 - 16 Repeat 1-16 in reverse (to the left side).
- 17 - 20 Repeat 1-4.
- 21 Step on right ball of foot in back of left foot.
- 22 Hold.
- 27 - 28 Close left foot next to the right, and hold.

PART FOUR

- 1 - 2 Cross-step-hop on the right foot in front of left.
- 3 - 4 Reverse 1-2 on left foot.
- 5 - 8 Step-hop in place on r,l.
- 9 - 16 Repeat 1-8.

PART FIVE

- 1 - 2 Cross-step-hop on the right foot into center.
- 3 Stamp on left foot into the center while making a quarter turn CW so that your left shoulder is facing the center.
- 4 Hold.
- 5 - 8 In place, both hands above head, clap, hold, clap-clap.
- 9 - 16 Continue walking CW (to right side) right, hold, left, hold, right, hold, left, hold.
- 17 - 32 Repeat 1-16.

HADARIM VII - Israeli
Side B - band 6

MUSIC: Toby David
DANCE: Shlomo Bachar

ANI LI
(To Me)

Formation: Circle, facing center, holding hands.

PART ONE

- 1 - 2 Stamp-cross with right in front of left, step on left in place.
- 3 - 4 Stamp on right to right side and on left to left side.
- 5 - 6 Repeat 1-2.
- 7 Hop on left foot while making a CW circle in the air with right foot.
- 8 Step on right foot to right side.
- 9 - 16 Reverse 1-8 starting with left foot in front of right.

PART TWO

- 1 - 2 Step-cross forward with right foot over left and step-cross forward with left foot over right.
- 3 - 4 Step-cross with right over left, step on left to left side.
- 5 - 6 Repeat 3-4.
- 7 Step-cross with right over left.
- 8 Step-cross with left over right.
- 9 Step-cross with right over left.
- 10 Repeat 8.
- 11 Step on right foot to right side.
- 12 Step-cross with left over right to right side.
- 13 - 14 Repeat 11-12.
- 15 - 16 Sway back on right, then sway forward on left.

PART THREE

MOVING INTO CENTER OF CIRCLE

- 1 - 2 Run forward on right, then left.
- 3 - 4 Step-hop forward on right.
- 5 - 6 Run back on left, then right.
- 7 - 8 Jump back on both feet and land on left foot.
- 9 - 10 Step-cross with right over left and step in place on left.
- 11 - 13 CW turn (right side) on right, left, right.
- 14 Step-cross with left over right.
- 15 - 16 Step back on right and close with left next to right.
- 17 - 32 Repeat 1-16.