

Presented by Moshiko Halevy

HA'EMEK HU CHALOM
Israel

TRANSLATION: The valley is a Dream

PRONUNCIATION:

DANCE: Moshiko Halevy

MUSIC: Moshe Rappaport

RECORD: MIH #6, Side 2, Band 3

FORMATION: A couple dance with individuals in a circle (no hands),
W on M's R.

METER: 4/4

PATTERN

Meas.

INTRODUCTION: 4 meas

FIG. I:

- 1 Facing ctr, step R to R, bend R knee slightly (ct 1), bounce on R 3 times (cts 2-4). R arm shapes an arch in space from L to R, R arm is extended (cts 1-4).
- 2 Repeat meas 1 with opp ftwk only, R arm remains up.
- 3-4 Step R to R (ct 1), step L across R (ct 2), step R to R (ct 3), step L across R (ct 4), step R to R (ct 5), step L to L (ct 6), turn once to L (CCW), while hopping twice on L (cts 6-7), step R to R (ct 8).
- 5-8 Repeat meas 1-4, with opp ftwk and direction.

FIG. II:

- 1 Face and move fwd twd ctr of circle, stepping R fwd (ct 1), small leap fwd on L (ct 2), touch R heel fwd (ct 3-4). Arms with elbows bent and palms up, raise to waist level (ct 1-2), wrists turn inward 1/2 turn (ct 3), clap hands (ct 4).
- 2-3 Repeat meas 1 with same ftwk 2 more times (3 in all).
- 4 Turn 1/2 to R (CW) stepping R,L (cts 1-2), bring R next to L, knees slightly bent (ct 3), lift R back, R knee bent and hop slightly on L (ct 4).
- 5-8 Repeat meas 1-4, facing out of circle, except on last meas M do not turn to face ctr and dance in place.

Repeat dance from beginning with W facing ctr and M back to ctr, diag L of ptr. On last meas M again do not turn, W will end on M's R both facing ctr. Repeat dance from beginning.