

HARMONICA

(Israeli)

Record: Folk. 1109

FORMATION: Single circle facing center.

STARTING POSITION: Hands joined with arms extended downward,
left foot free.

I

Circle moves counter-clockwise.
Step on left foot across in front of right,
Step sideward right on right foot,
Step on left foot across n back of right,
Step sideward right on right foot.
Two step-hop steps starting with left foot, progressing counter-
clockwise.
ENTIRE PATTERN DONE FOUR TIMES.

II

Circle faces center.
Step on ball of left foot across in front of right, body leans
backward.
Step in place on right foot,
Replace and step on left foot next to right,
Hop on left foot.
Repeat Entire Pattern starting with Right Foot then again with Left
Foot.
Two step-hop steps starting with right foot, progressing clockwise.
REPEAT ALL starting with right foot, progress CCW on 2 step-hops.

III

Circle moves clockwise.
Arms extended sideward, hands on neighbor's shoulders.
Step sideward left on left foot, bend both knees,
Step sideward right on right foot, bend both knees,
Four running steps sideward left (Step left, step on right in back
of left).
ENTIRE PATTERN DONE FOUR TIMES.