

HAROA HAKTANA
(Israel.)

SOURCE: This dance was choreographed by Joathan Karmon. The title means "Little Shepherdess".

RECORD: "Dance Along With Sabra", Tikva Records, T - 69, Side 2, Band 3.

FORMATION: A circle of individual dancers, all facing ctr; arms are down, close to the body. The jumps described are with ft about 9 inches or more apart. The circle moves CCW. The hands are NOT joined during the dance.

STEPS: Balance Step - step R to R (ct 1); close L to R (ct &); shift wt to R and hold (cts 2, &). Reverse footwork when going to L.

MUSIC 4/4

PATTERN

Meas.

Steps

1-4

INTRODUCTION.

PART I

1

Jump on both ft (ct 1), hop on R, turning CW ½ turn to R, finishing with back twd ctr of circle (ct 2). Jump on both ft (ct 3), hop on L, turning CCW ½ turn to L to face ctr again (ct 4).

2

Jump on both ft (ct 1), hop on R, turning CCW ½ turn to L, finishing with back twd ctr of circle (ct 2), jump on both ft (ct 3), hop on L, turning CW ½ turn to R to face ctr again (ct 4).

3

Jump on both ft (ct 1), hop on R, turning CW ½ turn to R, finishing with back to ctr of circle (ct 2). Jump on both feet (ct 3), hop on L, turning CW ½ turn to R to face ctr again (ct 4).

4

Balance step to R (cts 1, &, 2, &). Lift R arm on ct 1. Balance step to L (cts 3, &, 4, &). Lift L arm on ct 3, keeping R arm up.

5-8

Repeat meas. 1-4, Part I.

PART II

1

Jump on both ft turning CCW ¼ to L (ct 1), hop on R going twd ctr of circle, and turning CW ½ to face LOD (ct 2). Jump on both ft (ct 3), Hop on L leaning twd ctr (ct 4). Arms are down at sides.

2

Jump on both ft (ct 1), hop on R, moving twd outside of circle and turning CCW ½ turn to face RIOD (ct 2). Jump on both ft (ct 3), hop on L, leaning out of circle (ct 4).

continued...

Harca Haktana, cont'd.

- 3 Face ctr of circle and repeat meas. 4, Part I.
- 4-6 Repeat meas. 1-3, Part II.
- 7 Step-hop on R in place (cts 1,2). On hop kick L ft fwd, bending knee. Take 2 running steps in place (L,R), kicking free ft bwd (cts 3,4).
- 8 Repeat meas. 7, Part II, reversing footwork.
- Repeat dance three more times (4 times in all).

as taught by Dani Dassa

Federation Institute
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