

Folk Dances Shore to Shore

MICHAEL HERMAN'S FOLK DANCE ORCHESTRA

Dance Directions by Michael Herman, Folk Dance House, New York City
Arrangements by Walter Eriksson

SIDE 1

HORA (Hava Nagila) (Israel)



The *Hora* may well be called the national dance of Israel. The *Hora* step is the basic step of dances in such countries as Greece, Romania, Bulgaria, Yugoslavia, etc. It is, therefore, a dance that all folk dancers should learn. There is an *Old* and a *New Hora*. The *New Hora*, as done in Israel, is more energetic, with dancers springing high in the air and whirling around with shouts of ecstasy. This record can be used for either version. There are many tunes to which the *Hora* is done, but the melody of *Hava Nagila* is the favorite.

OPENING FORMATION: A circle of dancers, no partners, hands on each other's shoulders.

OLD HORA: Step to left on left foot. Cross right foot in back of left, with weight on right. Step to left on left foot and hop on it, swinging right foot forward. Step-hop on right foot and swing left foot forward.

This same step is repeated over and over again. The circle may also move to the right, in which case the same step is used, but beginning with the right foot.

NEW HORA: Face a little to the left and run two steps: left, right. Jump on both feet close together. Hop on left foot, swinging right foot forward. Take 3 quick steps in place, right, left, right.

Continue in same manner, moving always to left.

If circle moves to right, do same steps but start on right foot.

The dance often begins with the dancers swaying in place from left to right, as music builds up. The dance gradually increases in pace and intensity. Shouts accompany the dance as dancers call to each other across the circle. The title, *Hava Nagila*, means "Come, let us be gay."