

HORA CHEFFER
(Hora of excavation)

Dance: Yonkele Dekkel
Music: S. Safra

Formation: Line, face Clockwise, join hands.

PART ONE: Facing Clockwise
1- 4 Run on left, right, left, right.
5- 6 Cross-step-hop left over the right foot.
7- 8 Cross-step-hop right over the left foot.
9-32 Repeat 1-8, so that you'll have a total of 4 sets.

PART TWO: Facing Center
1- 4 Step on left foot, cross-step-hop on right foot in front of the left foot, while lifting the left foot (big) over the right.
5- 8 Reverse: step on right foot, cross-step-hop on left foot in front of the right foot, while lifting the right foot (big) over the left.
9-10 Run facing clockwise: on left, right.
11-12 Hora step to the left side (see page of terminology)
13-14 Hora step to the right side.
15-16 Run facing clockwise: on left, right.
17-32 Repeat 1-16.

PART THREE: Facing Center
1- 3 Hop on left foot in place 3 times, while lifting the right knee up (keeping knee motionless).
4 Hop on right foot, while lifting the left knee up.
5- 8 Repeat 1-4.
9-16 Repeat 9-16 of PART TWO.

BACK FROM ISRAEL - Hadarim III - Side II, band 4.