

## Im Hoopalnu Mora

(Israel)

"Im Hoopalnu" is an energetic peasant dance, a traditional hora, the music of which was later selected for a special dance created to symbolize the struggle against the British blockade. . . . a chain of dancers moving in strong and rhythmic unison.

Formation: Circle. The number of participants is unlimited.

Direction: CCW.

### Part I

- 1 Stamp with the R foot in front of the L foot while leaning the body to the L.
- 2 Place the heel of the R foot back to the R side while straightening the body.
- 3 4 running steps starting with R foot CCW.  
Part I is repeated 4 times.

### Part II

- Turning toward center of the circle:
- 1 Hop on the left foot in place, R heel fwd - body straight and leaning bkws.
  - 2 2 light running steps to center of the circle, start with R foot.
  - 3 Stomp with R foot in front of L foot.
  - 4 Turn R and broaden circle by three cross steps with L in front of R foot.
  - 5 Turn again toward center of circle - 4 small steps bkws.  
Part II is repeated twice.

### When Danced as Mora

Formation: Circle for any number of dancers, moving CW. Hands on nearest shoulders of partners. If there are more than 20 dancers, the Hora may be danced in 2 or 3 concentric circles moving in the same or opposite directions.

- 1 Step to your L with your L foot.
- 2 Step with the R foot crossing before the L.
- 3 Hop on both feet closed together.
- 4 Hop on L foot (R foot remaining close to L foot).
- 5-6 3 quick steps: R-L-R, on the spot (like Polka steps); the 2nd step (L foot) shorter and lighter than the others and on the toes only.

### Design

Step, step, hop, hop, 1-2-3, throughout the whole dance. The dancers should begin by standing and swaying together to the rhythm, then begin to move slowly, gradually accelerating to greater speed and vigour, but never breaking the circle.