

Kol Hanshama
(Israeli Circle Dance)

Dance: Yankele Levy
Translation: The Whole Soul
Music: Israeli Folk Dance Favorites YED Vol. 5
Formation: Circle, facing center
Position: Simple Hold. Line of Dance - Counter Clockwise
Meter: 4/4

| <u>Meas.</u> | <u>Cts.</u> | <u>Dance Description</u> |
|--------------|-------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| | | <u>Part A (Face Counter Clockwise)</u> |
| 1 | 1-4 | Take 2 slow STEPS forward: Right, Left |
| 2 | 1 | ROCK Right back |
| | 2 | ROCK Left forward |
| | 3 | STEP Right forward while TURNING to face center, LIFT arms |
| | 4 | STEP Left behind Right, LOWER arms |
| 3 | 1 | STEP Right to Right |
| | 2 | STEP Left across Right |
| | 3 | STEP Right to Right |
| | 4 | STEP Left behind Right |
| 4 | 1 | SWAY Right to Right with a big STEP |
| | 2 | SWAY Left to Left, BENDING knees |
| | 3 | STEP Right beside Left |
| | 4 | HOLD |
| 5-8 | | Repeat Measures 1-4, Part A. |
| | | <u>Part B (Face Center, No Hand Hold)</u> |
| 1 | 1 | STEP Right forward |
| | 2 | SNAP fingers |
| | 3 | STEP Left forward |
| | 4 | SNAP fingers |
| 2 | 1-2 | TURN a 1/2 TURN to Right (Clockwise) with 2 STEPS : Right, Left. MOVING forward toward center. End FACING out |
| | 3 | STEP Right forward |
| | 4 | STEP Left beside Right |
| 3-4 | | Repeat Measures 1-2, Part B. End FACING center |
| 5-6 | | Repeat Measures 1-2, Part B. MOVE Counter Clockwise. End FACING Clockwise |
| 7-8 | | Repeat Measures 1-2, Part B. MOVE Clockwise. End FACING Counter Clockwise |
| | | <u>Part C (Face Counter Clockwise, Hands Joined in a Simple Hold)</u> |
| 1 | 1-2 | Take 2 STEPS forward: Right, Left |
| | 3 | STEP Right forward while TURNING to FACE center |
| | 4 | STEP Left behind Right |
| 2 | 1-4 | TURN a 1/2 TURN to Right (Clockwise) with 4 STEPS : Right, Left, Right, Left. End FACING out |
| 3-4 | | Repeat measures 1-2, Part C. MOVE Clockwise, end FACING center |
| 5-6 | | Repeat Measures 1-2, Part C. MOVE toward center, end FACING out |
| 7-8 | | Repeat Measures 1-2, Part C. MOVE out away from center, end FACING in |