

KUMI

Rise Up

Israeli dance by Shmulik Gov-Ari
Formation: Circle, hands joined in "W" position
The dance starts with the singing.

Meter: 4/4

COUNTS STEPS

PART I

- 1-4 Facing Center: Steps with knees bent and a soft bounce: Sway R, Sway L, Brush R, Hold
- 5-8 Moving fwd to Center: Step R, Hold, Bounce on R with L ankle tucked behind R, Repeat R Bounce
- 9-12 Step fwd L, Hold, Bounce on L with R ankle tucked behind L, Repeat Bounce on L
- 13-16 Moving back diagonally right while slightly bending body forward: Step back R, Hold while dragging L foot back, Continue dragging L foot back, Close L to R while snapping with wrists crossed and raising body
- 17-20 Moving back diagonally left while slightly bending body forward: Step back L, Hold while dragging R foot back, Continue dragging R foot back, Close R to L while snapping with wrists crossed and raising body

PART II

- 1-4 Facing Center: Steps with knees bent and a soft bounce: Sway R, Sway L, Step cross R over L, Step back on L
- 5-8 Lift up on L with R raised in front, Step R to right, Step cross L over R, Hold
- 9-12 Open mayim: Step R to right, Step L behind, Step R to right, Step L in front
- 13-16 Step R to right with a small dip, Slowly slide L in to R, Close L to R, Hold
- 17-32 Repeat Part II Counts 1-16

Third time through the dance during the instrumental interlude, do Part I, then as the singing starts repeat Part I again as the whole dance begins the third repetition.

ENDING

- 1-12 Repeat Part I Counts 1-12
- 13-16 Step back on R while bending forward slowly for 2 counts and snapping, Hold, Hold

Notated by Joan Hantman, October, 2022