

MACHAR (Tomorrow)

(Israel)

Choreography: Rivka Sturman Words and Music: Naomi Schemer

MUSIC: Israel Dances Hed Arzi MN 529 4/4 meter

FORMATION: Trios, one man, two women. M in ctr. Hands joined shoulder height. Face LOD (CCW).

<u>Meas</u>	<u>Ct</u>	<u>PART I</u>
4		Introduction
A 1	1-4	4 light running steps CCW. Begin R.
2	5-6	Step-hop with R ft crossing in front of L.
	7-8	Step-hop with L ft crossing in front of R.
3-8	9-32	Repeat action of cts 1-8 three times.
		<u>PART II</u>
		Release hands. Middle dancer and R hand ptr face, and dance action of meas 1:
B 1	1	Step R to R, body leaning to R.
	2	Clap hands once near R shoulder
	3	Step L to L, shifting wt to L, body leaning to L.
	4	Clap hands once near L shoulder.
		Ptr on L does cts 1-4, Part II, in place.
2	5-8	Middle dancer and R hand ptr hook R elbows and turn CW with 4 running steps (R L R L). Release elbows.
3-4	9-16	Middle dancer faces L hand ptr, links L elbows, and turns CCW with 8 running steps once around and ends facing inner person. Release elbows.
5-6	17-24	Middle dancer and L hand ptr face each other and repeat action of meas 1-2, Part II.
		Ptr on R does action of meas 1, Part II, in place.
7	25-28	Middle dancer links L elbow with R hand ptr and turns ptr 1/2 turn CCW with 4 running steps (R L R L). Release elbows.
8	29-32	Middle dancer moves fwd from outside of circle with 4 running steps to join two new dancers.

Note: Music and dance finish with the dancing of Part I twice.

Presented by Rivka Sturman