

# MANGINAT HADROR

(Israeli Circle Dance)

TRANSLATION: The Melody of Liberty

SOURCE: Se'adia Amishai

FORMATION: Circle, face center; Three Parts, each with 2 sections. Hands held down.

MUSIC: Israeli Folk Dances: Old Favorites YEDI

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METER: 4/4

PATTERN

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Meas Count

**Part A - Section 1 (Face Center)**

- 1 1-2 Rock R forward, hold  
3-4 Rock L bkwd, hold  
2 1 Rock R forward  
2-4 Yemenite L  
3 1 Hop L  
2-4 3 steps, R to R, L to L, R to R, still facing center.  
4 1-2 Sharp half-turn to L, hold  
3 Hop L  
4 Close R. Sharp turn toward center of circle  
5-8 Repeat meas. 1-4, Section 1, Part A

**Part A - Section 2 (Face CW, CCW)**

- 1 1-2 Stop R, hold  
3-4 Close L, Hold  
2 1-3 3 running steps, R, L, R.  
4 Leap onto L while keeping R leg behind L. End with sharp half-turn to face CCW  
3-4 Repeat meas. 1-2, sec 2, Part A, facing CW.  
5-8 Repeat meas. 1-4, sec. 1, Part A. All change of direction are done with sharp turns.  
9-10 Repeat meas. 1-2, section 2, Part A. End with sharp half-turn to R.

**Part B - Section 1 (Face CCW)**

- 1 1-4 Leap R, run L, twice  
2 1 Leap R  
2-3 Two hops on R while making a full-turn following R shoulder (CW)  
4 Leap L, facing CCW  
3-4 Repeat meas. 1-2, section 1, Part B. End facing center.

**Part B - Section 2 (Face center)**

- 1      1-2 Fall backward on R while swinging arms up to waist level
- 3      Step L forward
- 4      Close R forward
- 2      1-2 Fall fwd on R while lowering arms.
- 3      Step L backward
- 4      Close R backward
- 3-4            Repeat meas. 1-2, sec. 2, Part B

**Part C - Section 1 (Face center)**

- 1      1-2 Step R to R, close L to R with strong steps, arms held down.
- 3-4 Repeat cts 1&2
- 2      1-2 Repeat cts 1 & 2 meas 1.
- 3-4 Step-hop on R while making half turn following R shldr, end facing outside circle
- 3-4            Repeat meas. 1-2, section 1, Part C with back facing ctr of circle. End with step hop on L, turning to L, end facing CCW.

**Part C - Section 2 (Face CCW, center)**

- 1      1-2 Fall backward on R, swinging L Fwd.
- 3-4 Three quick "samba" steps bwd, L,R,L.
- 2      1-4 Repeat meas. 1, section 2, Part C
- 3-6            Repeat meas. 1-4, section 2, Part B.