

HORA KEFF 1997

MANGINAT HE'AMEL

Dance by: Oren Shmuel
Music by: Robert Nisanson

Formation: Circle

- PART IA: Regular hand hold, advancing CCW in circle
- 1-2 Strong step R to R
 - 3-4 Sway L and R
 - 5-6 Jump on L to L and open R to R
 - 7-8 Cross L over R, close R near L
 - 9-10 Open R to R, shifting weight to R
 - 11-12 Open L to L (while shifting weight to L), cross R behind L
 - 13-14 Shift weight on L to L (prepare for turn)
 - 15-16 Full turn to R in 2 steps, RL
 - 17-18 Open R to R, turning 1/2 turn to R (back is to center)
 - 19-20 Repeat counts 11-12
 - 21-22 Open L to L while turn 1/2 turn to L (face center)
 - 23-24 Open R to R (while shifting weight to R), cross L behind R
 - 25-26 Shift weight on R to R
 - 27-32 Repeat counts 11-16
 - 33-64 Repeat Part I, counts 1-32
- PART IB: Face CCW
- 1-2 Jump on both legs in place
 - 3 R fwd while turning body to face center, (use L leg in place to pivot)
 - 4 Return to place by returning R leg to place, raised in the air
 - 5 Step back on R, shifting weight to R
 - 6-7 Touch L heel fwd, step onto L
 - 8 Close R to L
 - 9-10 Repeat counts 1-2
 - 11-12 Jump on both legs, hop on L (on the hop, body faces to center, R leg in air)
 - 13 Another hop on L in place while turning 1/4 to R to face CCW
 - 14-15 Full R turn to center in 2 steps, RL
 - 16 Close R to L in place
 - 17-31 Repeat counts 1-16 using OPPOSITE direction
 - 32 Step R fwd, CCW
 - 33-34 Hop onto L (crossed over R), while turning slightly to L to face center
 - 35-36 Step R to R, close L to R
- PART II: Regular hand hold
- 1-2 Stamp R to R, hop on R
 - 3-4 Cross L behind R, R to R
 - 5-6 Hop onto L fwd, while turning 1/2 L turn into center
 - 7-8 Land on R in place, L fwd into center, while completing full turn. End facing center
 - 9-10 Land on both with legs apart, hold. Body is leaning L with R shoulder to center
 - 11-12 Hop twice on L in place, while turning 3/4 R turn, end facing center
 - 13-14 Land on both with legs apart, back to center
 - 15-16 Hop twice on L in place, turning full turn to L
 - 17-24 Repeat counts 1-8 (begin with back to center)
 - 25-26 Repeat counts 9-10 (R shoulder to outside)
 - 27-30 Bend down on both legs until sitting position, then raise up to straight position, face center
 - 31-34 3/4 L turn in 4 steps, RLRL, clapping 4 times

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(continued)

REPEAT PART IA

- PART III: Regular hand hold
- 1-2 Hop R onto R, turning body to LOD, L leg is raised in air behind
 - 3-4 Step fwd, LR
 - 5-6 Hop-steps, LR, turning 1/2 turn to L, end with back facing LOD
 - 7-8 2 steps RLOD, RL
 - 9-10 Hop R to R to center, (R shoulder to center)
 - 11-12 Cross L behind R, R to R to center
 - 13-14 Hop-cross L over R
 - 15 Sway R to R to center
 - 16-17 Hop L onto L, raise R leg to R
 - 18 Cross R over L
 - 19-22 Repeat counts 15-18 with OPPOSITE footwork and direction. End facing center
 - 23-24 Shift weight back and fwd, RL, moving slightly bwd
 - 25-26 Strong stamp bwd with R, L leg stretched fwd
 - 27-30 Repeat counts 23-26 with OPPOSITE footwork
 - 31-32 Step back on R, close L to R
 - 33-64 Repeat counts 1-32

ENDING:

- 1-2 Open R to R, shifting weight to R
- 3-4 Bend-cross L over R, bending back

