

I REMEMBER - Haderim IV,
Side A, band 5

MUSIC: Toby David
DANCE: Shlomo Bachar

ISRAELI:

MISGAV
(Fortress)

FORMATION: Circle

PART I

FACING CENTER OF THE CIRCLE, HOLDING HANDS

- 1 - 2 Step hop with the right foot while kicking the left foot forward.
3 - 4 Scissors to the back: hop on the left foot while kicking the right back, then hop on the right foot while kicking the left back.
5 - 8 Sharply face the left side (CW) while walking fwd. with the left, hold, right, and hold.
9 - 16 Repeat 1-8 in reverse by starting with the left foot (while sharply facing the center again).

PART II

RAISING ARMS

- 1 - 6 Turn CW (own right side) while stepping on the right, hold, left, hold, right, hold, ending up by facing the left side (CW).

PART III

FACING CENTER OF THE CIRCLE, HOLDING HANDS

- 1 - 3 Step with the left foot to the left side, step with the right in place, cross with the left foot in front of the right.
4 - 6 Repeat 1-3 in reverse by starting with the right foot.
7 - 9 Repeat 1-3.
10 Jump on both feet in place.

PART IV

- 1 - 16 Repeat 1-16, PART I.
17 - 22 Repeat 1-6, PART II.
23 - 31 Repeat 1-9, PART III.
32 - 33 Stamp 2x with the right foot next to the left.

Continued...

MISGAV (Continued)

PART V FACING CENTER OF THE CIRCLE, HOLDING HANDS

- 1 - 2 Jump to the right side on both feet, then jump to the left side on both feet.
- 3 - 4 Hop on the right foot while raising the left knee and hold.
- 5 - 8 Reverse 1-4.

PART VI

- 1 Cross-stamp with the right foot over the left foot.
- 2 Step back with the left.
- 3 Sharply face to the right side (CCW) while placing the right heel in front of the left foot.
- 4 Hold
- 5 - 6 Run fwd. with the right, left.
- 7 Hop fwd. on the right foot while kicking the left foot in back (bending body forward).
- 8 Hold.

PART VII FACING CCW, HOLDING HANDS

- 1 Hop-slide with the right foot bwd.
- 2 - 3 Step bwd. with the right, left.
- 4 - 5 Cross-step-hop with the left foot over the right ending up by facing the center of the circle.
- 6 Extend right heel fwd. (straight leg).

Continued...

TERMINOLOGY AND ABBREVIATIONS

(Before reconstructing a dance, carefully read the following explanations.)

LOD	Line of direction
RLOD	Reverse line of direction
Step	Put full weight on foot
Touch	No weight on foot
R.	Right foot
L.	Left foot
FWD.	Forward
BWD.	Backward
CW	Move according to the clock
CCW	Move counter clockwise

Every dance has a 4 measure introduction. All the steps described are done to a $\frac{1}{2}$ note unless otherwise indicated. Also, every step can be reversed starting with the other foot.

Step-hop:	Step and hop on the same foot (2 counts).
Yemenite Left:	Yemenite step left: Step with the left foot to the left side (bend knees), step on the right toe in back of the left foot, step-cross with the left foot in front of the right; hold on the 4th count.
Yemenite Right:	Reverse the Yemenite left, starting with the right foot to the right side.
Mayim Step moving to the right side:	Facing the center of the circle: step-cross with the left foot over the right, step with the right foot to the right side, step-cross with the left foot behind the right, step with the right to the right side.
Mayim Step moving to the left side:	Reverse the Mayim Step moving to the right side starting with step-cross with the right foot over the left.
Debke Jump:	Jump with feet together while turning knees to left side. Jump again while turning knees to original position.
Pás de Basque: {	Little hop on the left foot, hop on toes of the right foot right next to the left, hop back on the left foot.
	Reverse Hora Step to the Left.
Hora Step to the Left:	Step with right foot forward, while raising arms up, step backward with the left foot bringing arms down, step backward with right foot, step forward with the left foot (4 steps to 4 counts).
Hora Step to the Right:	Right foot crosses over the left foot, step on the left foot in back of the right, step on the right foot to the right side. Then reverse: left foot crosses over the right foot, step on the right foot in back of the left, step on the left foot to the left side.
Cherkeesiye:	Add: right foot crosses over the left foot, step on the left foot in back of the right.
Double Cherkeesiye:	