

Presented by Dani Dassa

MIZMOR SHIR
Israel

TRANSLATION: I will sing unto the Lord.

PRONUNCIATION:

CHOREOGRAPHER: Dani Dassa

RECORD: RIKUD (LP), DAN-007, Side B, Band 1

FORMATION: Closed circle facing ctr with jands joine in "V" pos.

METER: PATTERN

Cts.

INTRODUCTION:PART A:

- 1-2 Step-hop R to R.
 3-4 Step L across R; step R in place.
 5-8 Repeat cts 1-4, with opp ftwk and direction.
 9-12 Moving twd ctr, step-hop R,L
 13-16 Moving bkwd, step R,L,R,L.
 17-18 With ft slightly astride, rock R,L.
 19-20 Step-hop R to R turning 1/2 to R. End facing out of circle.
 21-22 Step-hold L to L.
 23-24 Step R to R; step L to L.
 25-26 Step-hop on R completing 1/2 turn R. End facing ctr.
 27-28 Rock L,R.
 29-30 Step-hop on L in LOD.
 31-32 Step R,L in LOD.
 33-64 Repeat cts 1-32.

PART II: Face ctr

- 1-2 Step-hold R to R.
 3-4 Step-hold L to L.
 5-8 Two (2) step-holds twd ctr, R,L.
 9 Step R fwd, lift hands above head.
 10 Step L in place, lower hands to orig pos.
 11-12 Step R back; step L in place.
 13-14 Step-hold R fwd.
 15-16 Close L to R; hold.
 17-20 Step-hold R to R; step-hold L to L.
 21-24 Two-(2) step-holds bkwd, R,L.
 25 Step back on R, lift arms above head.
 26 Step L in place, lower hands to orig pos....
 27-28 Step R fwd; step L in place.
 29-30 Step-hold R bkwd.
 31-32 Close L to R; hold.

Continued...

PART III:

- 1-2 Step-hold R to R.
- 3-4 Step L behind R; hold.
- 5-6 Step R to R; large step on L twd ctr.
- 7-8 Shift wt back onto R, leave L in place; hold.
- 9-10 Shift wt fwd onto L, leave R in place; hold.
- 11-14 3-step turn to R away from ctr; hold. End facing ctr.
- 15-16 Close L to R; hold.
- 17-32 Repeat cts 1-16.

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Pronunciation: Miz-more' Sheer

Meter: 4/4

Intro: 8 meas (begin with vocal)

Part A, cts 1-2, add: (accent on ct 1)

" " " 9-12, add: (accent on ct 1)

" " " 19-20, add: (accent on ct 1)

" B, " 1-2, add: look R

" " " 3-4 " " L

" " " 10, change to: Step L back in place.....

121 Part II, cts 11-12, change to:....step L fwd in place.

" " " 17-20, delete and replace with: Repeat cts 1-4.

Add to end of dance: Repeat entire dance. Third time repeat

Parts I,II (no singing on Part II). Fourth (and last) time
end with meas 2, Part III.