

Sham B'Eretz Yisrael

FORMATION: Couples form a circle, boys with their backs to the center, girls facing them. Couples join right hands, left arms extended up.

MEASURE 1: Both dancers extend their right foot over the left one, pointing on the floor with the extended foot. Hop three times on the left foot, one hop to one quarter note. The fourth quarter note is a pause. The steps actually begin with the word, "Eretz."

MEASURE 3:2 The same step is repeated, but start the hop on the right foot, changing arm position as you jump.

MEASURE 2:3 On the first quarter note, jump on the left foot, cross the right foot over and point it. At the same time, change arms again. The second quarter note is a pause. On the third quarter note, the step is repeated on the other foot. Fourth quarter note is a pause.

MEASURE 4: Hands on hips. On the first quarter note jump on both feet, right foot crossed in front of left. On the second quarter note, jump in a stride position. On the third quarter note, jump with feet together and hold the fourth quarter note.

MEASURE 5-8: Repeat Measure 1-4.

Music Repeats

***MEASURE 1:** Both dancers turn in place, executing two walking steps and a jump on both feet. Boys start with the right foot, girls with the left. Each movement is done to one one-quarter note and brings partners face to face. Fourth-quarter note is a pause. Arms remain on hips.

***MEASURE 2:** The same step is repeated, except that the boys start with left foot and girls with the right. On the fourth one-quarter note, both dancers clap.

MEASURE 3-4: Dancers link right arms, left one extended high up. Four skips are done, one to a half-note. Boys start with left foot, girls with right, going around in a circle and returning to place.

MEASURE 5-8: Repeat measure 1-4. The steps are the same, only boys start the turn to the left and girls to the right. Left arms are linked and the skips start on the boys' right and the girls' left. On the last two skips, the boys move forward counterclockwise, so changing partners.

***VARIATIONS:** In Measure 1, both dancers hop three times on both feet, closed position, turning in place, boys to the right, girls to the left. In the second measure, the three hops are made in the opposite direction.