

SHAM HAREH GOLAN (Kenereth)

(There they are the Mountains of Golan)

Dance: Jonathan Gabait

Music: N. Shemer

Formation: Line, facing Counter Clockwise, all join hands.

PART ONE

- 1- 4 Fast walk on right, left, right, left.
- 5- 6 Sway forward on right and sway back in place on left with bent knees.
- 7- 8 Sway forward on right and bring left heel forward keeping it raised up.
- 9-12 Lightly touch left heel 2x in front of R.
- 13-15 Step back on L., step back on R., forward on L.
- 16 Hold.

PART TWO: Face center

- 1- 2 Sharply step-cross with a big R. over the L.
- 3- 4 Lightly place left heel in front of the R.
- 5- 6 Step on L. in place.
- 7- 8 Bring R. heel forward down in front of L.
- 9-10 Step on R. in place.
- 11-12 Bring L. heel forward down in front of R. and step on L. in place.
- 13-16 Step back fast on right, left, right, left.
- 17-32 Repeat 1-16.

BACK FROM ISRAEL - Hadarim III - Side II, band 2.