

SHAM HAREH GOLAN (Kenereth)
 (There they are the mountains of Golan)
 Israel

Dance: Jonathan Gabait
 Music: N. Shemer
 Recording: BACK FROM ISRAEL - Hadarim III - Side II, band 2.
 Dance Notation: Dina and Shlomo Bachar
 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.