

SHIR HAGALIL
(Song of the Galilee)

Formation: Circle, holding hands, facing center.

PART ONE

- (Slow Tempo of Music)
- 1 - 2 Step to the left side with the left foot while raising the right knee across the left leg to face the left side and hold.
- 3 - 4 Turn right knee to the right side while pivoting on the left foot to face the right side and hold.
- 5 - 8 Moving CCW: step on the right foot (bent knee), step left, step right (bent knee), and step left.
- 9 - 10 Pivot on the left foot to face the left side while raising the right knee across the left leg to face the left side and hold.
- 11 - 16 Repeat 3-8.
- 17 Cross with the right foot in front of the left leg while bending the knee.
- 18 Step to the left side with the left foot.
- 19 Step with the right foot in back of the left leg.
- 20 Repeat 18.
- 21 Repeat 17.
- 22 - 24 Turn while moving CW: step on the left foot to the left side, cross-step-pivot-turn on the right foot in back of the left foot, and step on the left foot to the left side facing center again.
- 25 - 32 Repeat 17-24.
- 33 - 34 Raise right knee to face the left side and hold.
- 35 - 48 Repeat 3-16.
- 49 - 50 Still facing CCW, step-stamp back on the right foot and hold.
- 51 - 52 Repeat 49-50 with the left foot.
- 53 - 56 Grapevine (Mayim) step: step back on the right, step to the left side with the left (facing center), cross with right in front of the left and step to the left side with the left.
- 57 - 64 Repeat 49-56.

PART TWO

- (Faster Tempo of Music)
- 1 - 4 Facing center: step-hop to the right side on the right and step-hop to the left side on the left foot.
- 5 - 8 Facing CCW (right side): leap on the right foot, cross with the left, leap on the right foot, and cross-stamp with the left foot.
- 9 - 16 Repeat 1-8.
- 17 - 20 Repeat 1-4 while turning right shoulder into the center of the circle so that you face CW (to the left side).
- 21 - 24 Step-hop-back (into the circle, facing the center) on the right and then the left foot.
- 25 - 48 Repeat 1-24.
- 49 - 54 End fast temp of music in Part Two with a slow yemenite step to the right side with the right foot ready to begin the dance from the beginning.

CARMIT - Madarim LP VI
Side B - band 6

MUSIC: Traditional
DANCE: Moshiko