
SHIR LA'EMEK
(Song to the Valley)

Dance: Moshiko Halevy
Music: Moshe Beek

Meter: 4/4
Intro: 4 meas

Formation: Cpl dance, M fc ctr, W fc ptr, R hands joined

- Meas Pattern I
1 stp in plc R, L (1-2), jump on both ft (3) hp on L (4)
 W makes 1/2 turn L (CCW) in plc on ct 4
2 M&W fc ctr, M's hand on W's waist, W's arms extended diag. fwd
 stp R to R (1) stp L next to R (&) stp on R in plc (2)
 Repeat cts 1&2 to L (3&4). Both M&W bend sdwds R on cts 1&2, then
 L on cts 3&4
3 Repeat meas 1, but W makes full turn to R on cts 3&4 to end fcng ctr
 on M's R in a single circle
4 stp on R to R (1), hp on R, while extending L leg in front of R (2),
 stp on L to L (3), hop on L, while extending R leg in front of L (4).
- Pattern II
5-6 stp on R to R (1), stp on L XFR (2), hp on L (3), stp on R to R (4),
 stp on L XFR (5), stp on R to R (6), stp on L next to R as you bounce (7),
 bounce (8).
7-8 Repeat meas 5-6, opp. dir. & ftwk
- Pattern III
9 With hands joined & extended diag fwd, fc & travel to ctr:
 stp hp on R diag fwd R (1-2), stp hop on L diag fwd L (3-4)
10 Repeat meas 9, but make 1/2 turn L (CCW) on cts 3-4
11 fcng BOH: stp on R to R (1), stp on L XBR (2), Repeat cts 1-2 (3-4)
12 Repeat meas 11
13&14 fcng BOH: Repeat meas 9-10
15 fcng ctr: Yem R (1-3), stp on L to L (&), stp on R XFL (4)
16 M: Yem L, hp L (1-4); W: stp L, R, L hp L to fc M, join R hands.
-- Repeat dance from beginning
