

SHIR MISMOR
Israel

PRONUNCIATION: Shir Miz-mor
TRANSLATION: Song of harmony
DANCE: Shlomo Bachar
RECORD: Hadarim IX, Side A, Band 4
FORMATION: Closed circle, facing ctr, hands in "V" pos
STEPS & STYLING: Safardic Style
Yemenite R: Step R to R (bend knees) (ct 1); step L in place (ct 2); step R across L (ct 3); hold (ct 4)
When doing to L, use opp ftwk
Grapevine to L: Step R across L (ct 1); step L to L (ct 2); step R behind L (ct 3); step L to L (ct 4)
Use opp ftwk when moving to R

METER: 4/4

PATTERN

Meas.

INTRODUCTION:

PART I:

- 1 Do a 4 step grapevine moving to L, start by stepping R across L
- 2 With wt on L, lift R across L (ct 1-2); step on R and lift L across R (ct 3-4)
- 3-4 Repeat meas 1-2 with opp ftwk and direction (grapevine to R)

PART II:

- 1 Repeat Part I, meas 1 (grapevine to L)
- 2 Step on ball of R ft in front of L and balance fwd (ct 1); balance bkwd on ball of L ft (ct 2); repeat cts 1-2 (cts 3-4) 4 balances in all. Hands are extended fwd at chest ht
- 3-4 Repeat meas 1-2

PART III:

- 1 Facing RLOD, point R fwd, hold (cts 1-2); point R bkwd, hold (cts 3-4)
- 2 Run fwd R,L,R,L
- 3 Repeat meas 1
- 4 Stepping R,L,R, hold, turn $\frac{1}{2}$ in place to face LOD
- 5-8 Repeat meas 1-4 with opp ftwk and direction. End facing ctr of circle and release hand hold

PART IV:

- 1 Step R fwd with bent knee, arms circle away from chest while fingers snap (ct 1); step fwd on L, arms circle away from chest (ct 2); step fwd and pivot on R making $\frac{1}{2}$ turn CW (R) to end facing out of circle while fingers snap (ct 3); close L to R (ct 4)
- 2 Bend knees and snap fingers to R side of body (cts 1-2); bend knees and snap fingers to L side of body (cts 3-4). Snap fingers on cts 2 and 4.
- 3-4 Repeat meas 1-2
- 5 Yemenite R
- 6 Step L to L and snap fingers high above head (cts 1-2); repeat cts 1-2 with opp ftwk and arm work (cts 3-4). Fingers snap on cts 2 and 4
- 7-8 Repeat meas 5-6 with opp ftwk. End with hands rejoined to begin dance again.

REPEAT dance 3 more times (4 in all).

-Shlomo Bachar
1dyll. Workshop. Inst. 18/12.