

SHIMRI LI AL HAMANGINAH (continued)

<u>Measures</u>	<u>Counts</u>	<u>Description</u>
		<u>Part C - (continued)</u>
3		Step L fwd. while turning to face LOD, CCW, M turns L, end up in Varsovienne position W turns R,
4		Hold
3-4		2 Slow two-steps fwd.- R, L
5-8		Repeat Meas. 1-4, Part C

*Blue Star 1980*

SHIR OLEH ME'EMEK  
Circle Dance



Translation: Song Rising From the Valley  
Dance: Yossi Ilan  
Meter: 4/4 and 2/4  
Formation: Circle in a simple hold

<u>Measures</u>	<u>Counts</u>	<u>Description</u>
		<u>Part A</u>
1	1	Cross R over L w/ bent knees
	2	Step L to L on ball of foot
	3	Step R behind L w/ bent knees
	4	Step L to L on ball of foot
2	1-4	Repeat Meas. 1, Part A
3	1-2	Step-hop R fwd.
	3-4	Step-hop L crossing L over R on the step
4	1-2	Step-hop R back
	3-4	Step-hop L to L

First Interlude - (Meter 2/4)  
1 1-2 2 Sways - R, L

Part B - (Meter 4/4)  
1-4 Repeat Meas. 1-4, Part A

Second Interlude - (Meter 2/4)  
1 1-2 2 Sways - R, L  
2 1-2 Step-hop R crossing R over L  
3 1-2 Step-hop L crossing L over R  
4 1 Place R heel fwd.  
2 Hop L while lifting R w/bent knee

Part C - (Meter 4/4)  
1 and 1 Hop L  
2 Jump w/both feet to R, weight on R  
3 Cross L over R  
4 Repeat cts. and 1-2, Meas. 1, Part C  
2 1-2 2 Sways - R, L  
3-4 2 Hops on R while turning a full turn to R  
Repeat Meas. 1-2, Part C, reverse footwork and direction

Third Interlude - (Meter 2/4)  
1-4 Repeat Meas. 1-4, Second Interlude

*Blue Star 1980*