

SHIR ZMIROT
(Israel)

Dance by Shlomo Maman; music by Y. Badichi.

Pronunciation:

Translation: Sing Songs

Music: 4/4 meter.

Formation: Lines; simple hand hold.

<u>Meas</u>	<u>Cts</u>	<u>Pattern</u>
		<u>PART A. Face front.</u>
1		Two step-bends R to R, cross L over R.
2		Two step-bends R to R, L behind R.
3	1-2	Step-bend R to R.
	3-4	Cross-bend L over R while raising hands.
4	1-2	Cross R over L with bent knee, hold.
	3-4	Step-bend L bkwd while lowering hands.
5-6		Repeat meas 1-2.
7		Make one full turn CW with two step-bends R,L.
8	1-2	Step R bkwd, step L fwd in place.
	3-4	Stamp R next to L two times without wt.
9-16		Repeat meas 1-8.
		<u>PART B. Face front.</u>
1	1	Jump on both ft together with bent knee making 1/4 turn CW.
	2	Hold.
	3-4	Bounce twice to L while straightening knees and making 1/4 turn CCW.
2		Repeat meas 1.
3	1	Step R to R while raising L knee and making 1/4 turn CW.
	2	Cross L over R.
	3-4	Repeat cts 1-2, meas 3, without turning.
4	1-2	Step R to R, leap into air making 3/4 turn CW.
	3	Jump on both ft together facing front.
	4	Hop L in place.
5	1	Step R bkwd with bent knee.
	2	Step L fwd.
	3-4	Step R fwd and leap into air fwd.
6	1-2	Land with bent knees, body bent fwd and ft apart; L fwd, R bkwd.
	3-4	Sway back and forth.
7-8		Make one full turn CW with four step-bends R,L,R,L while moving back and straightening body and knees.
9-16		Repeat meas 1-8.

Presented by Ya'akov Eden