

SIMCHAT HE'ANEL
Israeli Circle Dance

Translation: The Worker's Happiness
 Dance: Rivka Sturman
 Record: MM 30741 Let's Dance with Effi Netzer
 Basic Steps: Step-hop, run, stamp
 Formation: Circle with a simple hold
 Meter: 4/4

<u>Measure</u>	<u>Counts</u>	<u>Description</u>
<u>Part A</u>		
1	1	Stamp R in LOD
	2	Hop on R while turning L, CCW
	3-4	2 steps back: L,R in LOD while turning R, CW
2	1-4	4 running steps: L,R,L,R in LOD
3-4		Repeat meas. 1-2, Part A. Reverse footwork
5-8		Repeat meas. 1-4, Part A
<u>Part B</u>		
1	1-4	2 step-hops toward center while raising arms
2	1-2	Step-hop R while crossing R over L, clap both hands high on ct. 1
	3-4	Repeat cts. 1-2, meas. 2, Part B, reverse footwork
3	1-4	4 step turn: R,L,R,L (CW) moving away from center
4	1-4	2 stamps: R to R, L to L
5-8		Repeat meas. 1-4, Part B.

Presented by Ya'akov Eden