

SIMCHU NA
Israeli Circle Couple Dance
Be Happy

(14)

MUSIC: Record: Kadima; Lets Dance with Effi Netser # 2
DANCE: Yonatan Gabai
FORMATION: Circle, hands joined in a simple hold W on M's R
STEPS: Pas De Basque, leap, run, step-hop

MUSIC: 4/4

PATTERN

Meas Ct

PART A

1-2 1-8 4 Pas de basque steps; R,L,R,L
3 1 Leap on R ft fwd, at the same time L heel touches R ankle
2-4 Hold
4 1-2 Step-hop L fwd, lift R ft while hopping on L
3-4 2 running steps in place; R,L
5-8 Repeat meas 1-4, Part A

PART B

1 1-2 Step R to R, body sways to R
3-4 Step L to L, body sways to L
2 1 Leap with R to R side
2 Cross L in front of R ft
3-4 Step R to R and hold
3-4 Repeat meas 1-2, Part B reverse ftwk

PART C

1 1-4 2 step-hops; R,L
2 1-4 4 running steps; R,L,R,L in LOD CCW
3-4 Repeat meas 1-2, Part C
NOTE: During last 4 running steps M runs into ctr, ends up facing his ptr while R hands are joined. Dance repeats with same ftwk in a cpl formation.

COUPLE FORMATION

Continued...

SIMCHU NA CON'T

(15)

PART A

Ptr facing R H joined. During the leap in, ptr end up with R shldr adjacent.

PART B

Ptr let go of H and do it individually to their own R side and then return with L

PART C

Ptr join R arms in a shldr hold and turn around with the movement CW. During last 4 running steps ptr release hold and end up in a circle, W on M's R

NOTE: Dance alternates from circle to cpl.

Presented by Ya'akov Eden
Idyllwild Workshop - 1976