

SIMCHU NA

Israeli Circle Couple Dance

Translation: Be Happy  
Dance: Yonatan Gabai  
Record: Kadima; Lets Dance with Effi Netser #2  
Basic Steps: Pas De Basque, leap, run, step-hop  
Formation: Circle, hands joined in a simple hold W on  
M's R  
Meter: 4/4

<u>Measure</u>	<u>Counts</u>	<u>Description</u>
<u>Part A</u>		
1-2	1-8	4 Pas de basque steps: R,L,R,L
3	1	Leap on R foot (forward), at the same time left heel touches R ankle
	2-4	Hold
4	1-2	Step-hop L (forward), lift R foot while hopping on L
	3-4	2 running steps in place: R,L
5-8		Repeat meas. 1-4, Part A
<u>Part B</u>		
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 foot
	3-4	Step R to R and hold
3-4		Repeat meas. 1-2, Part B reverse footwork
<u>Part C</u>		
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 man runs into the center, ends up facing his partner while R hands are joined. Dance repeats with same footwork in a couple formation.

*Continued...*

SIMCHU NA (contid,)

<u>Measure</u>	<u>Counts</u>	<u>Description</u>
		<u>Couple Formation</u>
		<u>Part A</u>
		Partners facing R hands joined During the leap in, partners end up with R shoulders adjacent.
		<u>Part B</u>
		Partners let go of hands and do it individually to their own R side and then return with L.
		<u>Part C</u>
		Partners join R arms in a shoulder hold and turn around with the movement (CW). During last 4 running steps partners release hold and end up in a circle, lady on M's R.
		Note: Dance alternates from circle to couple.

Presented by Ya'akov Eden