

# Sisu et Yerushalayim

## Notation

Formation: circle dance  
Structure & measure: 2 parts, 4/4

### Part 1:

- left shoulder to CR, low hold, use running steps
- 1 R fwd on CL →
  - 2 - 3 DS L fwd →
  - 4 - 6 3 running steps R L R fwd on CL →
  - 7 - 8 DS L →
  - 9 - 32 repeat counts 1 - 8 thrice

### Part 2:

- left shoulder to CR, low hold
- 1 - 2 slow: R powerfully fwd on CL →
  - 3 - 4 step-hop L fwd → (on count 4 = hop: turn ¼ ccw to the left)
  - 5 - 6 facing CR: R powerfully fwd towards CR ↑ (slightly crossed in front of L)
  - 7 - 8 step-hop L fwd towards CR ↑ (slightly crossed in front of R)
  - 9 - 12 repeat counts 5 - 8
  - 13 - 16 4 running steps fwd to CL ↓, commencing with R
  - 17 R powerfully fwd towards CR ↑ (slightly crossed in front of L;  
note: rhythm is now q and not s as in counts 5-6)
  - 18 - 19 step-hop L fwd towards CR ↑ (slightly crossed in front of R)
  - 20 - 22 repeat counts 17 - 19
  - 23 - 24 R fwd ↑, L in place
  - 25 - 32 4 PdB R L R L bwd back to CL ↓ (opposite foot always slightly crossed in front of moving foot)