

We use the name of the melody, since the dance, two Freilach movements, has no name of its own.

Figure 1. "Hora Plus"

One large circle, hands on neighbors' shoulders. Dance moves to the right

1 1 Step to the R on R. This may be a high or low energy step, according to the music and the dancer's mood

2 Step to R, crossing L behind R

3 as 1

4 as 2

2 1 step to R on R

2 swing L leg across in front of R

3 step on L to L

4 swing R leg

3-8 Repeat measures 1-2, three more times

Figure 2. "Freilach"

Face the person who will be your partner (there should be some agreement about this before the music starts. The dancers can start in couples, but the couples need not be mixed.) Move to your R slightly, so that you can place L arm on the L shoulder of your partner.

"Criss-cross"

1 1 step on R ft crossing in front of L

2 step L in place

3 R to R (small step)

4 step on L crossing in front of R

2 1 R in place

2 L beside R

3 step on R ft crossing in front of L

4 step on R in place

3 1 walk fwd (couple rotates CCW) R

2 L

3 R

4 L

4 1 begin a private circle, turning CW (to Rt) R

2 continue private turn, L

3 continue, R

4 finish, L, with R hand on the R shoulder of partner.

5-8 The movements of measures 1-4 are repeated with exactly the same footwork, but now the couple rotates CW, and the private circle is CCW (to the Left). At the end of the 8th measure you are back in the

South Fallsburg
Bulger p. 2

starting position, but you open to form the big circle again, for a repeat of the "hora plus". The personal circle is always done in the direction of the free arm.

Special variation "The Dog".

Face a partner and take both hands, holding at about chest height.

- 1 1 Jump lightly on both feet
- 2 Hop on R
- 3 Step across on L
- 4 Step with R in place
- 2 1 Jump lightly on both feet
- 2 Hop on L
- 3 Step across on R
- 4 Step with L in place. Don't move your body back to the starting position but rather stay with the R slightly in front of your body so that you'll be ready to move to your left in the next measure.
- 3 1 This measure is a four-count mayim step moving to the left, starting with the R foot.
 R across L
- 2 L to the left
- 3 R behind L
- 4 L to the left
- 4 1 In this measure you drop hands and turn to your own left with four steps, starting with the free right foot. Step on R
- 2 Step on L, continue turning
- 3 Step on R, continue turning
- 4 Step on L, continue turning. You want to wind up facing your partner again after turning between one and two revolutions.