

SULAM YA'AKOV (Jacob's Ladder). Israeli circle dance composed by  
Jonaton Gabai. Formation: Circle, facing ctr.  
Meter: Melody I - 4/4. Melody II. 3/4

- Meas      Pattern      PART I - BOX
- 1            Step on R to R (1). Close L to R (2). Step on R to R (3).  
              Hold (4).
- 2            Step on L to ctr (1). Hold (2). Step on R to ctr, hold (3,4).
- 3            Step on L to L (1). Close R to L (2). Step on L to L; hold (3,4).
- 4            Step on R back from ctr (1). Hold (2). Step on L back, hold (3,4).
- 5-8          Repeat meas 1-4.
- PART II - Misirlou step
- 1            Step on R fwd, hold (1,2). Touch L toe across and in front of  
              R, hold (3,4).
- 2            Swing L around and step on L crossing in back of R (1). Step  
              on R to R (2). Step on L crossing in front of R, hold (3,4).
- 3            Pivot on L, stepping on R crossing in front of L (1).  
              Step on L to L (2). Step on R crossing in back of L (3).  
              Hold (4).
- 4            Step on L crossing in front of R (1). Step on R to R (2).  
              Step on L crossing in back of R; hold (3,4).
- 5-8          Repeat meas 1-4, part II.
- MELODY II - 3/4 meter. Repeat same dance action in this  
              meter. Steps become bouncier. 2 measures of 3/4 meter equal  
              1 measure of 4/4 meter for dance pattern.