

Side One

ARIM

u arim  
namot veyasvu  
u kramim  
atu et yenam.

bat Tzion,  
u Israel  
hi vealzi  
ol levav  
Yerushalem!

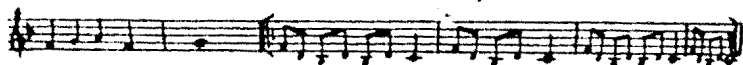
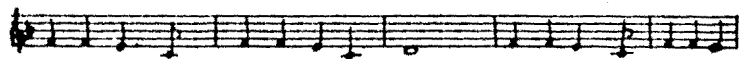
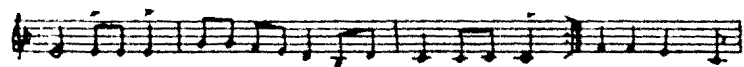
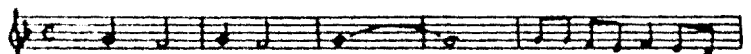
satim al admatam  
su ganot  
shlu piryam.

UVANU ARIM

And they built cities,  
And they inhabited them,  
And they planted vineyards,  
And they drank wine.

Be happy, daughter of Zion,  
Sing, Israel!  
Rejoice and be gay with all your heart,  
Daughter of Jerusalem!

And I gave them their land,  
And they grew gardens  
And ate the fruit.



Music: D. Seltzer

Lyrics: G. Gill (according to the Prophets)

UVANU ARIM (Israel)

The "Hora" is the national dance of Israel and is similar to a number of other circle dances of the Balkan countries. It is usually danced with increasing speed and abandon.

Two versions may be done of this Hora: one traditional and simple, the other modern and more difficult.

Formation: Dancers form a circle with hands joined or extended along neighbor's arms; no partners needed.

Version One

- 1-- Step to left side with L. Then step R, crossing behind L.
- 2-- Step again to left with L. Hop on L, swing R across in front.
- 3-- Step on R in place. Then hop on it, swing L across in front.

Version Two

- 1-- Step to left with L. Then cross R in front of L.
- 2-- Jump lightly on both feet, with feet together. Then hop on L in place, lightly lifting R.
- 3-- Take three quick steps, R-L-R, in place.