

ZEMER BAGILBO'A
Israeli Circle Couple Dance

Translation: A Melody in Mount Gilbo'a
 Dance: Rivka Sturman
 Record:
 Formation: Circle W in front of M, R H on L shoulder in front, L H down by side
 Basic Steps: Heel, Walk, Leap, Step-hop, Sway
 Meter: 4/4

<u>Measure</u>	<u>Counts</u>	<u>Description</u>
<u>Part A- Slow music- Circle</u>		
1	1-2	Touch R heel fwd and hold
	3-4	Repeat Meas. 1, cts, 1-2, Part A
2		3 steps fwd, R,L,R and hold
3-4		Repeat Meas. 1-2, Part A, reverse footwork
5	1-2	Touch R heel fwd, and Hold
	3-4	Touch ball of R across L and hold
6	1	Cross R over L
	2	Step L to L
	3-4	Cross R over L and hold
7-8		Repeat Meas. 5-6, Part A, reverse footwork and direction
9-16		Repeat Meas. 1-8, Part A.
<u>Interlude-Fast</u>		
1		4 bounces in place, join hands in a simple hold
<u>Part B- Fast music- Circle</u>		
1	1	Leap R fwd in line of direction
	2	Close L beside R
	3-4	Repeat cts. 1-2, Meas.1, Part A
2		2 step-hops fwd, R,L while arms are raised
3		Repeat Meas. 1, Part B.
4		4 sways R,L,R,L
5-8		Repeat Meas. 1-4, Part B.
9		2 step-hops toward the center R,L
10	1-2	Step R to R and hop while arms are raised
	3-4	Step L to L and hop
11		2 step-hops back R,L
12		4 sways in place R,L,R,L
13-16		Repeat Meas. 9-12, Part B...
<u>Part C-slow music- Couples</u>		
1-8		Repeat Meas. 1-8 Part A Note: During Meas. 1-2, M steps up beside the W, L hands are joined, M's RH on partner's waist. W's RH down by her side.

continued...

<u>Measure</u>	<u>Counts</u>	<u>Description</u>
		<u>Part C- contid.</u>
9	1-2	Face partner join R hands: touch R heel and hold
	3-4	Repeat cts. 1-2, Meas. 9, Part C.
10		Turn CW $\frac{1}{2}$ turn with 3 steps R,L,R and hold
11-12		Repeat Meas. 9-10, Part C, end in original place- M's back to center.
13	1-2	Touch R fwd and hold
	3-4	Touch ball of R foot across L
14	1	Cross R over L - drop hands
	2	Step L to L
	3-4	Cross R over L and hold
15-16		Repeat Meas. 13-14, Part C, reverse footwork and direction

Interlude

1 4 bounces in place

Part D-Fast music- Couples

1-8		<u>Note:</u> Join hands in a simple hold W on R Repeat Meas. 1-8, Part B
9		<u>Note:</u> Face partner with out holding hands Turn CW $\frac{1}{2}$ a turn with 2 step-hops R,L
10	1-2	Step R to R and hop while arms are raised
	3-4	Step L to L
11		Turn CW $\frac{1}{2}$ a turn, return to original place, with 2 step-hops, R,L
12		4 sways R,L,R,L
13-16		Repeat Meas, 9-12, Part D

Note: When starting dance from beginning, W move in during Meas. 1-2 Part A to close the circle.

Presented by Ya'akov Eden