

HADARIM VII - Chassidic
Side A - band 2

MUSIC: Toby David
DANCE: Shlomo Bachar

RIKUD CHASSIDI
(Chassidic Dance)

Formation: Circle, arms on each other's shoulders.

PART ONE

- 1 - 4 With very straight legs, but with bouncy steps, step to the right side with the right foot, step on left in back of right, to the right side with the right foot, and stamp on left heel to the left side while leaning to the right side.
- 5 - 8 Repeat 1-4 to the left side (*in reverse*).
- 9 - 16 DROP HANDS
Walk around yourself in a big circle in 8 counts, starting on right foot with thumbs under armpits (chassidic movement).
- 17 - 32 Repeat 1-16.

PART TWO

- 1 - 8 INTO CENTER OF CIRCLE WITH RIGHT SHOULDER LEADING.
Step on right foot to right side and close with left foot (four times) while upper torso leans forward as you push arms and fingers four times out towards the center on counts 1, 3, 5, and 7 (chassidic movement).
- 9 - 16 RETURN TO CIRCLE.
Step on left foot to left side and close with right foot (four times) while upper torso leans forward as you hit left hand on left thigh four times on counts 1, 3, 5, and 7 (chassidic movement).
- 17 - 32 Repeat 1-16.

PART THREE

- 1 - 8 FACING CW.
Step forward on right, left, right, left while making chassidic gestures with head, arms and hands (head and arms down on count 1 and slowly up on counts 2, 3, and 4.
- 9 - 16 Turn to your right (CW) as you walk right, left, right, left left while leaning backward, with chest forward and while making circular motions with index finger near sideburns. (chassidic movement).
- 17 - 32 Repeat 1-16.