

Style: A graceful, lilting, relaxed dance. As in most Israeli dances,

don't shuffle or walk; be light on your feet. However, don't get carried away and exaggerate.

Formation: Circle, hands held relaxed and down. Moves CCW.

PART I (facing CCW)

Meas.

- 1 a) Starting on R ft, run 2 steps (R-L) (ct. 1,2)
- 2-3 b) Step-hop on R ft, swing L ft fwd and body back slightly. (ct. 1,2)
- 4 c) Repeat (a).

Repeat part I 3 more times (4 in all). Notice that, except for the first and last times, there are 4 running steps in a row.

PART II (Facing center)

Meas.

- 1-4 a) Lightly leap R on R ft (but keep L ft close) (ct 1)
and clap hands twice, hands about shoulder height (ct. 2,2)
- 2 Repeat to L
- 3 Repeat to Rt.
- 4 Repeat to L, but only one clap (on ct. 2)
- 1-4 b) 2 grapevine, or Mayim, steps to Rt, still facing center, one step (change of weight) per ~~MEASURE~~ count: Step R (ct 1)- step L in front (ct. 2)- step R (ct. 1)- L behind(ct. 2); repeat that grapevine.

Repeat part II once more.