

CHASSIDIC: ISRAEL

FORMATION: Circle

PART I FACING CENTER, MOVING CW, ARMS ON SHOULDERS.

- 1 - 2 Step-hop cross with the right foot over the left while swinging the left leg to the left side.
3 - 4 Step-hop on the left foot while swinging the right leg to the right side.
5 - 8 Mayim step (grapevine step) to the left side starting by crossing the right over the left.
9 - 16 Repeat 1-8.

PART II

- 1 - 4 Mayim step (grapevine step) to the left side starting by crossing the right over the left.
5 - 8 FACING CW vigorously stamp, hold, stamp, hold on the right foot while raising head high.
9 - 12 RELEASE ARMS and turn twice CW moving to your right (RLOD) finish FACING THE CENTER.
13 - 16 Jump twice in place: Jump, hold, jump, hold.

PART III FACING CENTER, MOVING BACKWARD (OUTSIDE OF THE CIRCLE).

- 1 Hop backward on the right while raising the left knee up and while raising both arms (palms up) in Chassidic movement.
2 Step back on the left while lowering arms.
3 - 4 Repeat 1-2.
5 - 6 Step on the right leaning to the right side while raising both arms (palms up) in Chassidic movement also to the right side, and hold.
7 - 8 Repeat 5-6.
4 - 12 HOLD HANDS, MOVING INTO THE CENTER
Step hop on the right, and cross-step-hop with the left in front of the right.
13 - 16 Step backward (to place) right, left, right, left while keeping both arms (palms up) in Chassidic movement extended in front of body.
17 - 32 Repeat 1-16.

PART IV FACING CENTER, HOLDING ARMS

- 1 - 2 Stamp with the right to the right side while turning head also and hold.
3 - 4 Repeat 1-2.
5 - 8 Turn in place CW (to right) with four small steps r,l,r,l, keeping both arms (palms facing body) in Chassidic movement slightly above head (right arm higher than left arm).
9 - 12 Repeat 1-4.
13 - 16 In place hop on right and kick left, hop on left and kick right, hop on right and kick left, hop on left and kick right.
17 - 32 Repeat 1-16.