

Research Committee:
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IM HOOPALNU

(Israel)

Im Hoopalnu is a dance of defiance. The following steps are recorded as they were taught to Miriam Lidster by Beth Faux of Chicago, who in turn had received instruction in the dance from David Rosenberg of Washington, D.C. The dance was choreographed in Israel by Rivka Sturman and was brought to this country by Dvora Lapson. The following is a translation of "Im Hoopalnu":

Though defeated, not terrified were we,
 Above the Patrias and Strumas we'll surely rise,
 Though broken, confident in our strength we'll be,
 Yea with strength prevail will we
 And for this our land we will be strong
 For she is ours, there's none beside her
 Here we'll live and not be destroyed, my brothers,
 Here we'll be avenged and not shut our eyes,
 For the people of Israel still lives, yea, still lives.

MUSIC: ISRAEL, IMF 116A
 FORMATION: Hands joined and down in an open circle or curved line formation, with the leader at the right end of line. (The entire dance should be done with a great amount of vigor and an upward feeling.)
 STEPS: Running*, leap*, step-pivot, cross-over.

MUSIC 2/4	PATTERN
Measures	
5 meas.	INTRODUCTION
A	I. STEP-PIVOT and WALK
1	Hands joined and down, all standing shoulder-to-shoulder. Beginning with R ft. step strongly on R fwd. and across L (ct. 1). Hold (ct. &). <i>Note:</i> As R ft. steps across L, the body bends to L. L. ft. is free of wt. The toe of R ft. turns inward on a diagonal across L ft. Taking wt. on L ft. pivot R heel in a CCW direction with R toe turned upward and knee straight bringing arms sharply upward to shoulder height. (ct. 2). As R toe lifts off floor the body straightens, leaning slightly bwd. (Hold—ct. &).
2	Beginning on R ft. take 3 light running steps RLR (ct. 1 & 2), and a small leap onto L. (ct. &).
3-8	Repeat action of Fig. I, meas. 1 and 2, three times. On last leap face center of circle. <i>Note:</i> The last ct. of meas. 8, Fig. I, becomes the first ct. of meas. 1, Fig. II.
B	II. CHANGE-STEP, CROSS-OVER
1-2	Place R heel diagonally fwd. on floor, toe pointing upward and knee straight, with straightened body leaning bwd. (ct. 1); hold (ct. &). Beginning with R ft. walk directly fwd. toward center with 3 steps (ct. 2 & 1). Turn ¼ turn to R, step L on ball of L ft., heels lifted (ct. &). Step R in place (ct. 2). Moving swd. away from center step L across R (ct. &).
3	Step swd. on R (ct. 1), thus beginning the diagonal and CCW movement out of the circle. Again step L ft. across R (ct. &), and step swd. R on R (ct. 2). Once more step L ft. across R (ct. &).
4	All face center again and take 3 steps bwd. RLR (ct. 1 & 2). Take one small leap fwd. onto L (ct. &) and place R heel fwd., toe up, (ct. 1). (Ct. 1 becomes the first action of the Repeat).
5-8	Repeat action of Fig. II, meas. 1-4. <i>Note:</i> If the dance is done in a circle formation, Fig. II should have the feeling of a flower closing as everyone walks directly to center (meas. 1-2), and then opening out as everyone moves outward facing CCW (meas. 3-4).