



Laguna Folkdancers Festival

ISRAELI INSTITUTE - SHLOMO BACHAR

Bein Nehar Prat

Hora Or

Hashacar

Shem Hareh Golan

Hora Cheffer

Shibolet Bassadeh

Hora Medura

Tzadik Katamar

FEBRUARY 10, 1973

Bein Nehar Prat (lehar Chedekel)
(Translation: Between the River Prat and Mount Chedekel)

SOURCE: Dance, Yaacov Levy; music, traditional
RECORD: Back From Israel, Hadarim III - Side I, Band 5
FORMATION: Circle, facing ctr, hands joined down at sides,
or circle of cpls, facing LOD, M on inside of
circle.
STEPS & STYLING: Yemenite step, to L: Step on L to L, bending
knees (ct 1), step on ball of R behind L, straight-
ening knees (ct 2), step across in front of R
on L (ct 3), hold (ct 4).
To R: Opp ftwk.

4/4

PATTERN

measures

1-3 INTRODUCTION

PART I

- 1 Step fwd on R (ct 1), L (ct 2), step bwd on R (ct 3),
lift L leg and hold (ct 4).
- 2 Step back on L (ct 1), Yemenite step to R (cts 2,3,4).
- 3 Feet wide apart, sway L (ct 1), R (ct 2), L (ct 3),
R (ct 4).
- 4 Cross and step L over R (ct 1), step back on R, slight-
ly lifting L off floor (ct 2), step fwd on L (ct 3),
raise R in front of L and hold (ct 4).
- 5-8 Repeat meas 1-4.

PART II

- 1 Cross and step R over L (ct 1), step on ball of L in
place (ct 2), cross and step R over L (ct 3), hold
(ct 4).
- 2 Yemenite step to L (cts 1-4).
- 3 CCW turn: step on R (ct 1), step L (ct 2), step R,
completing turn (ct 3), hold (ct 4).
- 4 Repeat meas 3.

Repeat Parts I and II to end of music.

Presented by Shlomo Bachar at the Laguna Festival, 1973.

Hashachar
(Translation: The Dawn)

SOURCE: Dance, Shlomo Bachar; music, Aaron Axelrod
RECORD: Back From Israel, Hararim III - Side I, Band 1
or Hadarim I - Side I, Band 1
FORMATION: Circle, facing ctr, hands joined down at sides.
STEPS & STYLING: Yemenite step, to R: Step tp R on R, bending
knees (ct 1), step on ball of L behind R, straight-
ening knees (ct 2), cross and step R in front
of L (ct 3), hold (ct 4).
to L: use opp ftwk.

4/4, except 2/4 as noted PATTERN

measures

1-4 INTRODUCTION

PART I

- 1 Facing ctr, drop hands and step on L to L (cts 1,2), slide with R across and in front of L while crossing wrists and snapping fingers once (cts 3,4).
 - 2 Moving bwd, step L, R (cts 1,2), cross and step L over R (ct 3), hop L (ct 4).
 - 3 Step R to R (cts 1,2), slide on L across and in front of R (cts 3,4). (Cross wrists and snap fingers as in meas 1.)
 - 4 Repeat meas 3.
 - 5 Moving bwd, step R, L (cts 1,2), step fwd on R (ct 3), lift L knee (ct 4).
 - 6 Place L heel on floor, hold (cts 1,2). NOTE: this measure is in 2/4 time and contains only 2 counts.
- 7-12 Repeat meas 1-6.

PART II

- 1 Moving bwd, step L, R (cts 1,2), step fwd on L (ct 3), hold (ct 4).
- 2 Repeat meas 1, opp ftwk.
- 3 Sweep left foot in from L side and raise L leg (ct 1), hop on R (ct 2), step back on L, R (cts 3,4).
- 4 Placing L heel slightly fwd, turn toes of L to R (ct 1), bend knees (ct 2), repeat cts 1,2 (cts 3,4).
- 5 Turn L toes to L (ct 1), bend knees (ct 2), turn L toes to R (ct 3), bend knees (ct 4).
- 6 Jump on both feet (ct 1), hop on L (ct 2), step back on R and hold (cts 3,4).

Hashachar, page 2

measures

- 7 Step back on L and hold (cts 1,2), step back on R and hold (cts 3,4).
- 8 Yemenite step to L (cts 1-4).

PART III

- 1 Place R heel by L foot, turning R toes to R (cts 1,2), turn R toes to L (cts 3,4).
- 2 Jump fwd on both feet (ct 1), hop on L (ct 2), step fwd on R (ct 3), step in place on L (ct 4).
- 3 Moving bwd, step R and hold (cts 1,2), step L and hold (cts 3,4).
- 4 Yemenite step to R (cts 1-4).

Repeat Parts I, II, and III to end of music.

Presented by Shlomo Bachar at the Laguna Festival, 1973.

HORA CHEFFER
(Translation: Hora of Excavation)

SOURCE: Dance, Yonkele Dekkel; music, S. Safra
RECORD: Back from Israel, Hadarim III: Side I, band 4
FORMATION: Mixed line, hands held down, facing RLOD.
STEPS AND STYLING: Hora step, to L: little hop on L (ct 1), step on ball of R next to L (ct &), small hop back on L (ct 2).
to R: use opp ftwk.

4/4

PATTERN

measures

1-2 INTRODUCTION

PART I

- 1 Facing and moving RLOD, run L (ct 1), R (ct 2), R (ct 3), R (ct 4).
- 2 Cross and step L over R (ct 1), hop on L (ct 2), cross and step R over L (ct 3), hop R (ct 4).
- 3-8 Repeat meas 1,2,1,2,1,2.

PART II

- 1 Facing ctr, step on L (ct 1), cross and step R over L (ct 2), hop R (ct 3), swing L leg across and in front of R and step on L (ct 4).
- 2 Repeat meas 1, opp ftwk.
- 3 Moving RLOD, run L (ct 1), R (ct 2), facing ctr, hora step to L (cts 3,4).
- 4 Hora step to R (cts 1,2), moving RLOD, run L (ct 3), R (ct 4).
- 5-8 Repeat meas 1-4.

PART III

- 1 Facing ctr, hop on L in place 3 times, lifting R knee up and keeping it motionless (cts 1,2,3), hop on R, lifting L knee up (ct 4).
- 2 Repeat meas 1.
- 3-4 Repeat meas 3-4, Part II.
- 5-8 Repeat meas 1-4.

Repeat Parts I, II, III to end of music.

Presented by Shlomo Bachar at the Laguna Festival, February 1973

HORA MEDURA
(Translation: Hora Around the Campfire)

SOURCE: Dance, Yoav Oshri; music, Alterman
RECORD: Hadarim I, side I, band 5
FORMATION: Circle, moving LOD, hands joined down at sides.
STEPS AND STYLING: If the group knows this dance well enough, two concentric circles can be formed. The inside one reverses the dance, starting with the opposite foot and moving RLOD.
Mayim step: facing ctr of circle, cross and step on L in front of R (ct 1), step R to R (ct 2), cross and step L behind R (ct 3), step R to R (ct 4).

4/4

PATTERN

measures

INTRODUCTION:

PART I

- 1 Facing ctr and moving LOD, step R to R (ct 1), close L to R (ct 2), repeat cts 1 & 2 (cts 3,4).
- 2 Repeat meas 1.
- 3 Moving fwd, step R (ct 1), L (ct 2), R (ct 3), L (ct 4).
- 4 Repeat meas 3, moving bwd.
- 5-8 Repeat meas 1-4.

PART II

- 1 Mayim step to R (cts 1,2,3,4).
- 2 Facing RLOD, bending body down, run 4 steps fwd (cts 1,2,3,4).
- 3 Facing ctr, mayim step to R (cts 1,2,3,4).
- 4 Raise arms, touch R heel diag. fwd to R (ct 1), hold (ct 2), repeat cts 1 & 2 (cts 3,4).
- 5-8 Repeat meas. 1-4.

Repeat parts I and II to end of music.

Presented by Shlomo Bachar at the Laguna Festival, February 1973

Hora Or
(Translation: Hora of Light)

SOURCE: Dance, Danny Heiman; Music, O. Sofer
RECORD: Back From Israel, Hadarim III - Side II, Band 3
FORMATION: Circle, hands joined down at sides

4/4

PATTERN

measures

1-2 INTRODUCTION

PART I

- 1 Facing and moving LOD, run R, L, R, L (cts 1,2,3,4).
- 2 Leap and land, facing ctr, on both feet spread apart (ct 1), cross and step L over R (ct 2), repeat cts 1 & 2 (cts 3,4).
- 3-8 Repeat meas 1,2,1,2,1,2.

PART II

- 1 Drop hands, and in 3 cts make complete CW turn as follows: step R (ct 1), step L (ct 2), step R, completing turn (ct 3), jump lightly in place in open position with bent knees (ct 4).
- 2 Repeat meas 1 with opp ftwk, turning CCW.
- 3 Moving fwd into ctr of circle, step-hop on R (cts 1,2), step-hop on L (cts 3,4).
- 4 Moving bwd, walk R, L, R (cts 1,2,3), close with L (ct 4).
- 5-8 Repeat meas 1-4.

PART III

- 1 Facing ctr, stamp on R to R (ct 1), cross and step L over R (ct 2), step R (ct 3), hop R while kicking L across and in front of R (ct 4).
- 2 Repeat meas 1, opp ftwk, moving to L.
- 3 Jump on both feet in open position and lean to R (cts 1,2), jump on both feet in open position and lean to L (cts 3,4).
- 4 In 4 counts, dance a CW turn as follows: Step R (ct 1), L (ct 2), R (ct 3), L (ct 4).
- 5-8 Repeat meas 1-4.

Repeat Parts I, II, and III to end of music.

Presented by Shlomo Bachar at the Laguna Festival, 1973

Sham Hareh Golan
(Translation: There They Are, the Mountains of Golan)

SOURCE: Dance, Jonathan Gabart; music, N. Shemer
RECORD: Back From Israel, Hadarim III -Side II, Band 2
FORMATION: Mixed line facing LOD, hands joined down at sides.

4/4

PATTERN

measures

1-2 INTRODUCTION

PART I

- 1 Facing and moving LOD, walk R, L, R, L (cts 1,2,3,4).
- 2 In place, sway fwd on R, bending knees (ct 1), sway back onto L, partially straightening knees (ct 2), sway fwd onto R, bending knees (ct 3), bring L heel fwd and raise it slightly, straightening knees (ct 4).
- 3 Lightly touch L heel in front of R (ct 1), raise L heel slightly (ct 2), repeat cts 1,2 (cts 3,4).
- 4 Step back on L (ct 1), step back on R (ct 2), step fwd on L (ct 3), hold (ct 4).
- 5-8 Repeat meas 1-4.

PART II

- 1 Swing R leg across in front of L and step on R, facing ctr (ct 1), begin to swing L leg fwd (ct 2), touch L heel across and to R of R (ct 3), hold (ct 4).
- 2 Repeat meas 1, opp ftwk.
- 3 Step on R in place (ct 1), swing L leg fwd (ct 2), touch L heel in front of R (ct 3), chug bwd on L, raising R slightly in back of L (ct 4).
- 4 Still facing ctr, small steps bwd on R, L, R, L (cts 1,2,3,4).
- 5-8 Repeat meas 1-4.

Repeat Parts I and II to end of music.

Presented by Shlomo Bachar at the Laguna Festival, 1973

SHIBOLETH BASSADEH
(Translation: Sheaves in the Fields)

SOURCE: Dance, Leah Bergstein; Music, Shelem
RECORD: Hadarim I, side II, band 5
FORMATION: Circle, facing ctr. Arms extended shldr level, sidward,
palms touching each other. Move LOD.
STEPS AND STYLING: The arm position in Part I can be interpreted as sheaves.
The mood of Part II is the joy of harvesting.

4/4

PATTERN

measures

INTRODUCTION:

PART I

- 1 Facing ctr and moving LOD, step on R to R (ct 1), close L to R and bend both knees (ct 2), repeat cts 1 & 2 (cts 3,4).
- 2 Step R to R (ct 1), close L to R and bend both knees (ct 2), step R to R (ct 3), hop on R making ½ turn to R, keeping arms in same position, ending up with backs to ctr of circle (ct 4).
- 3-4 Repeat meas 1-2, opp ftwk, moving LOD.
- 5-8 Repeat meas 1-4.

PART II

- 1 Facing LOD, arms down, hands joined at sides, step fwd on R (ct 1), hop on R (ct 2), step on L (ct 3), hop on L, turning ½ turn to L so you face RLOD (ct 4).
- 2 Step bwd on R (ct 1), hop on R (ct 2), step bwd on L (ct 3), hop on L, making ½ turn to R so you face LOD (ct 4).
- 3-4 Repeat meas 1-2
- 5 Facing ctr and moving fwd, step R (ct 1), hop R (ct 2), step L (ct 3), hop L (ct 4).
- 6 Moving bwd, step R (ct 1), hop R (ct 2), step L (ct 3), hop L (ct 4).
- 7 In place, stamp R (ct 1), hold (ct 2), stamp L (ct 3), hold (ct 4).
On last 2 counts release arms and bring them into beginning position, ready to start Part I.

Repeat Parts I and II to end of music.

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TZADIK KATAMAR
(Translation: Righteousness Shall Flourish)

SOURCE: Dance, Jonathan Babart; music, A. Neeman.
RECORD: Back from Israel, Hadarim III: Side II, band 4
FORMATION: Mixed line, facing LOD, hands held at shldr level, heads
looking slightly upwards
STEPS AND STYLING: A Hasidic type of dance; light, joyous feeling

4/4

PATTERN

measures

1-2 INTRODUCTION

PART I

- 1 Moving LOD, walk R (ct 1), L (ct 2), R (ct 3), L (ct 4).
- 2 Facing ctr, feet wide apart, weight on both feet, sway R (ct 1), L (ct 2), R (ct 3), L (ct 4).
- 3-4 Repeat meas 1,2.

PART II

- 1 Facing ctr, moving LOD, step R to R (ct 1), cross and step L in front of R (ct 2), step R to R (ct 3), step L behind and to R of R (ct 4).
- 2 Moving to R, dance CW turn as follows: step R to R (ct 1), step L across R, making $\frac{1}{2}$ turn (ct 2), step R to R, completing turn (ct 3), step L across and in front of R (ct 4).
- 3 Still facing ctr, step back onto R behind L (ct 1), step to L on L (ct 2), step R across and in front of L (ct 3), step back onto L behind R (ct 4).
- 4 Repeat meas 2, Part I.
- 5-8 Repeat meas 1-4.

Repeat Parts I and II to end of music.

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