

AD OR HABOKER
(Until the Light of Morning)

The dance reflects the spirit of the pioneers in Israel, when they used to dance the Hora all night.

Dance: Yoav Ashriel
Meter: 4/4
Formation: Circle in a simple hold

<u>Measures</u>	<u>Counts</u>	<u>Description</u>
<u>Part A - (face center)</u>		
1	1	Step R to R
	2	Cross L over R
	3	Step R to R
	4	Cross L behind R
2	1-2	Step-hop R to R while lifting L across R
	3-4	Step-hop L to L while lifting R across L
3	1	Cross R over L
	2	Step L to L
	3-4	Step-hop R while turning to R, face CCW
4	1	Cross L over R
	2	Step R to R
	3-4	Step-hop L, end up facing center.
5-8		Repeat Meas. 1-4, Part A.
<u>Part B - (face center)</u>		
1	1	Stamp R to R with bent knee while lifting L to L
	2	Hop on R
	3	Step L behind R
	4	Step R to R while turning to R, face CCW
2	1-2	Step-hop L fwd. in LOD, CCW
	3-4	2 Steps fwd. R, L
3	1-2	Step-hop R to R
	3	Cross L over R while turning to R
	4	Step R in place, behind L
	1-4	Repeat Meas. 3, Part B, reverse footwork and direction
5-8		Repeat Meas. 1-4, Part B.
<u>Part C - (face center)</u>		
1	1-2	Step-hop R in place while lifting L fwd.
	3-4	Step-hop L in place while lifting R back
2	1	Leap R to R
	2	Stamp L beside R without weight
	3-4	Step-ball-change L, R, L, in place

AD OR HABOKER (cont.)

<u>Measures</u>	<u>Counts</u>	<u>Description</u>
		<u>Part C</u>
3	1-4	2 Step-hops fwd. R, L toward center
4	1-4	Repeat Meas. 2, Part C.
5	1	Stamp R to R
	2	Hop on R
	3	Stamp L over R while body bends over
	4	Step R back
6	1-2	Step-hop L back
	3-4	2 Steps back R, L while turning to R, face CCW without holding hands.
7	1	Sway to R
	2	Jump on both feet
	3	Sway to L
	4	Jump on both feet
8	1-4	1/4 turn to R with 4 steps- R, L, R, L- end facing center in a simple hold