

A-30
A-31

HORA CHEMED (Charming Hora)

Music and Dance: Moshiko

Record: Israeli Folk Dance Souvenir Tikva T-148

Formation: Circle, face CCW, all join hands.

4 measures intro

PART ONE

- 1 : Debka jump L
- 2 : Debka Jump R
- 3 : Hop on L, bend body down
- 4 : Brush R fwd
- 5 : Hop on L, body up
- 6 : Leap R fwd
- 7 : Two runs fwd, LR
- 8 : L fwd
- 9-32 : Repeat 1-8 three more times

PART TWO

- 1 : Release hands. R fwd and $\frac{1}{4}$ turn to right side (Back to center)
- 2 : Leap on L to left side
- 3 : R crosses over L in front
- 4 : Clap
- 5-8 : Reverse 1-4, start left foot. On count 5 half turn to left side, face center
- 9-16 : Repeat 1-8. On count 16 with clap close R to L

Part Three

- 1-4 : Face center and join hands. Yem-hop L
- 5 : Leap on R to right side
- 6 : L crosses in front of R
- 7-8 : Jump twice with feet together
- 9-15 : Repeat 1-7
- 16 : Hold

Debka Jump L: Jump with feet together at the same time turn knees to left side. Can also be reversed.

Yem-hop: After Yem step on the 4th count--hop. If yem R, hop on R, if Yem L, hop on L.