

Mizmor Shir

Form a circle. Hold hands.

Part 1 - Face Center

1	1-2	R fwd to rt 45 deg, Hop on R
1	3-4	Lxfrt, R bwd
2	1-2	L fwd to left at 45 deg, Hop on L
2	3-4	Rxfleft, L bwd
3	1-4	Move fwd into center: R-hop, L-hop
4	1-4	R-L-R-L bwd
5	1-2	Sway rt, Sway left
5	3-4	R slide rt, Hop on R and pivot 180 deg rt
6	1-2	Complete the 180 deg turn with a L to left, Hold
6	3-4	Now facing out: Sway rt, Sway left
7	1-2	R slide rt, Hop on R and pivot 180 deg rt
7	3-4	Complete the 180 deg turn with a L to left, Hold
8	1-2	Now facing in: Sway left, Sway rt
8	3-4	Lxfrt, Hop on L
9	1-4	R to rt, Hold, L close, Hold

Part 2 - Face Center

1	1-2	Step with R to rt and turn body to the rt (as in Lech Lamidbar)
1	3-4	Repeat M1: 1-2 to the left
2	1-2	R-L fwd
2	3-4	R fwd, L bwd (with hands overhead)
3	1-2	R bwd, L fwd (hands still overhead)
3	3-4	R fwd, L close
4	1-4	Repeat Measure 1
5	1-2	R-L bwd
5	3-4	R bwd, L fwd (with hands overhead)
6	1-2	R fwd, L bwd (Hands still overhead)
6	3-4	R bwd, L close

Part 3 - Face Center

1	1-2	R to rt, Hold
1	3-4	Lxbrt, Hold
2	1-2	R to rt, L sway fwd to center
2	3-4	R sway bwd, Hold
3	1-2	L sway fwd, Hold
3	3-4	Begin a 360 deg turn to the rt with a R-L
4	1-2	Complete the turn with R-Hold
4	3-4	L close to R, Hold
5-8	---	Repeat Measures 1-4