

## Beginner Dance

# *Simple Hora*



**Hebrew for: teach  
Israeli folk dance**  
(4/4 time)

Interchangeable. Can be adapted to many fast or slow melodies.

1. 4 counts: (*Holding hands in a circle formation, going clockwise.*) **step on L and kick R, step on R and kick L**
2. 2 counts: **step L to the left, step R behind left**

**Repeat patterns 1 and 2 until music stops.**

# *Hopping Hora*

1. 4 counts: (*Holding hands in a circle formation, going clockwise.*) **Hop on L foot and kick R, hop on R foot and kick L,**
2. 2 counts: **Step L to the left, step R behind left.**

**Repeat patterns 1 and 2 until music stops.**

**Variation: Drop holding hands and clap while kicking.**

### ***Some songs this works well with:***

*Hava Nagila, Adonai S'fatai, Ve'Ahavta (Thou Shalt Love), Lador V'dor, Ha Lachma, Lo Lanu, Cup of Salvation, Come Let Us Go Up, etc.*

## Beginner Dance

# Kibbutz Dance



### *Israeli Folk Dance* (4/4 time)

Interchangeable. Can be adapted to many fast or slow melodies. Holding hands in a line formation following Leader to the right.

(Note: click on italicized words to get instructions for that step.)

1. 4 counts: (step) **Right, hop**, (step) **Left hop**.
2. 4 counts: (*running*) **Right, Left, Right, Left**.
3. 4 counts: (*turn to face left while executing the next step*) **Kibbutz step to right**.
4. 4 counts: (*turn to face right while executing the next step*) **Kibbutz step to left**.

**Repeat patterns 1 through 4 continually until music ends.**

### ***Some songs this works well with:***

Holy Fire, Hallelu et Adonai, Kumi Ori, With G-d, O Praise the L-rd, Clap Your Hands, Bless the L-rd, Shout!Rejoice!, Let Israel Rejoice, Give Thanks to the L-rd, All the Days, etc.