

HAZORIM BEDIMA  
(Israel)

105

Rivkah Sturman used this dance in 1948 at the "Omer" ceremony on the eve of the Pessach (Passover) Festival in a Kibbutz. Entering in lines on the field where the first barley cutting takes place, the dancers arranged themselves in circles and continued in folk dancing. Translation: Those who sow in tears.

Music: Record: Hed Arzi AN 43-48. The music is by Amiran-Pugachov.

Formation: Open chain, any number of dancers. Hands joined and down, L ft free.

Counts                      Pattern

PART I

- |   |   |  |
|---|---|--|
| A | 1 | L ft crosses in front of R ft. Body turns to the R.                          |
|   | 2 | R ft steps in place.   |
|   | 3 | L ft leaps lightly to the L side, while turning body to the L and moving CW. |
|   | 4 | R ft is crossed in front of L ft.  |
|   | 5 | Once more, L ft leaps to L side.   |
|   | 6 | R ft is crossed in front of L ft again.                                      |
|   | 7 | L ft steps in place.   |
|   | 8 | R ft steps close to the L ft, while turning body diag to the R.              |

Repeat all of above 3 more times.

PART II

- |   |     |   |
|---|-----|---|
| B | 1-4 | Facing R, take 4 running steps CCW beginning with L ft. |
|   | 5   | Stamp lightly with L ft.                                |
|   | 6   | Hop on R ft, while turning to the L.                    |
|   | 7   | Stamps with L ft.                                       |
|   | 8   | Hop on R ft while turning to the R.                     |

Repeat all of B three more times.

SONG

Hazor'im Bedim'a	)	Those who sow in sorrow
Berina yiktzoru	)	Shall reap in joy
Hai, hai, hai, etc.	) 2	Hay, hay, hay, etc.

Presented by Rivkah Sturman

*Lush like  
Rivky's  
style  
notes*