

LANU HAKO'AKH
(Israel)

101

A line dance composed by Rivkah Sturman. As a folk dance, it fits at the "Independence" celebrations, also in school performances. Translation: The Strength is Ours. The melody is by Emanuel Amiran.

Music:

Formation: Open or broken circle, or line, no ptrs, leader at R end. Hands joined and down, R ft free.

<u>Measures</u>	<u>Pattern</u>
	<u>PART Ia</u>
1	STEP SDWD R on R ft (cts 1-2), STEP FWD on L ft throwing L shoulder fwd and releasing hands (cts 3-4).
2	Bring L shoulder back to body, face ctr. Lean slightly fwd, bending knees and CLAP own HANDS TWICE low in front (cts 1-2), LEAP back on R ft IN PLACE, straightening body (ct 3), CLOSE AND STEP on L ft beside R (ct 4).
3-8	REPEAT pattern of meas 1-2 THREE MORE TIMES (4 times in all). Rejoin hands.
	<u>PART IIa</u>
	Hands joined and down.
9	Facing and moving R, THREE WALKING STEPS (R, L, R) then a slight LEAP (L) bending knees and leaning slightly fwd.
10	FOUR STAMPS almost in place starting with R ft.
11	Straightening body, FOUR WALKING STEPS starting with R ft.
12	LEAP (R), STEP (L), LEAP (R), STEP (L). These leaps are high and free, covering ground.
13-16	REPEAT pattern of meas 9-12.
	<u>PART Ib (For performance only)</u>
1	STEP SDWD R on R ft (cts 1-2), STEP SDWD L on L ft, raising hands high over own L shoulder (cts 3-4).
2	CLAP own hands TWICE over own L shoulder (cts 1-2), LEAP slightly SDWD R on R ft (ct 3), CLOSE AND STEP on L ft beside R (ct 4).
3-8	REPEAT pattern of meas 1-2 THREE MORE TIMES (4 times in all).
	<u>PART IIb</u>
9-16	REPEAT pattern of Part IIa, meas 9-16.

SONG

Lanu hako'akh
la'avod velismo'akh

We have the strength
To work and be happy.

Dance description by Rickey Holden. Abbreviations added to conform to U.O.P. syllabus format.

Presented by Rivkah Sturman

FOLK DANCE CAMP 1965