

Pronunciation: OHR

Translation: Light

Music: 4/4 meter

*Stockton Folk Dance Camp 2011*

*Erica Goldman - Israeli Folk Dances CD, Track 7*

Formation: Individual dancers facing the front of the hall.

**Steps & Styling:** Light and bouncy, with individual interpretation appropriate.

Meas 4/4 meter

## Pattern

## INTRODUCTION.

I. WALKING, STAMPING (which acts as a Chorus)

- 1 Walk 4 steps fwd, beg R, bringing both arms up in front, palms down (cts 1-4).
- 2 Walk 4 steps bkwd, beg R, bringing both arms down, palms up (cts 1-4).
- 3 Stamp R 4 times with L hand on waist, R fist making small circles over R shoulder (“power”) (cts 1-4).
- 4 March in place four steps beg R, each arm making a half-circle starting in front of the face, R hand moving CW and L moving CCW, like a sunburst, with palms out (“light”) (cts 1-4).
- 5 Step R to R, thrusting R hip and R hand to R (ct 1); step L in place with a quarter-turn L (ct &). Repeat cts 1,& three times to complete a 360 degree rotation and end facing the front of the hall.
- 6 Repeat meas 4.
- 7 Repeat meas 3.
- 8 Walk four steps fwd, beg R, with palms up, each moving around a horizontal circle in front of chest, R hand moving CW and L moving CCW (cts 1-4).

## II. SIDE-BEHIND-SIDE-CLAP-CLAP

- 1 Step R to R (ct 1); step L behind R (ct 2); step R to R (ct 3); clap hands (ct &); clap hands to upper right (ct 4).
- 2 Repeat meas 1 with opp ftwk to the L, but clap hands in front of face.
- 3 Step R diag bkwd (ct 1); step L next to R (ct 2); repeat cts 1-2 (cts 3-4).
- 4 Shimmy shoulders while bending torso fwd (cts 1-2); shimmy shoulders back while straightening torso (cts 3-4).
- 5 Full turn R with three steps, R-L-R (cts 1-3); clap hands (ct &); clap hands (ct 4).

Or — continued

- 6 Repeat meas 5 with opp ftwk to the L.  
 7-8 Repeat meas 3-4.  
 9 Walk three steps to R, beg R, rolling arms around each other, hands in fists (cts 1-3);  
 clap hands (ct &); clap hands while undulating body in a wavelike motion (ct 4).  
 10 Repeat meas 9 with opp ftwk to the L.  
 11-12 Repeat Fig 1, meas 1-4.

Presented by Erica Goldman

### Lyrics

#### AT HA'OR

(Ani tzo'ek) or  
 ken at ha'or  
 At hako'ach v'at hakol  
 Ani tzo'ek  
 Ori ori or  
 Ken at ha'or, at hako'ach, at hakol

Meharega harishon shera'iti  
 Et chayay ani shiniti  
 Hayit kol mah sheratziti,  
 Tzipiti, kiviti bechayay  
 Ochez otach bishtei yadai  
 Dma'ot shel osher be'ainai  
 Tzo'ek todah le'elohai  
 Natan li et ha'or

Az ani tzo'ek or...

Az achshav ani yode'a she'elokim oti shome'a  
 Shalach mal'ach shebi noge'a  
 Natan li et ha'or

Shum davar oti lo ya'atzor  
 Lo yapil ve'lo yish'bor  
 Lo lehabit li shuv le'achor  
 Rak lekivun ha'or

Az ani tzo'ek or...

Or  
 Ken at ha'or  
 At hako'ach at hakol

#### YOU ARE THE LIGHT

(I scream out) light  
 Yes you're the light  
 You are the power and you are everything  
 I scream out  
 My light, my light, light  
 Yes, you are the light, you are the power, you are everything

From the first moment that I saw (you)  
 I changed my life  
 You were all that I wanted,  
 Expected, hoped for in my life  
 I hold you with my two hands  
 Tears of joy are in my eyes  
 I scream out thanks to my God  
 You gave me the light

So I scream out light...

So now I know that God hears me  
 [God] sent an angel that touches me  
 [God] gave me the light

Nothing will stop me  
 Nor make me fall or break me  
 Not to look back again  
 Only in the direction of the light

So I scream out light...

Light  
 Yes, you are the light  
 You are the power, you are everything