

URI ZION (Zion Arise)
(Israel)

This song gained new meaning and popularity after the "six days war". Its high spirit and vehement tune led to the choreographing by Rivka Sturman of a stormy hora which invites everyone to join the circle. The lyrics are from the Book of Isaiah, and the music was written by Vilensky.

MUSIC: Record: New Favourites, Israeli Folk Dances,
Hed Arzi MN 581

FORMATION: Circle, hands joined and down, face CCW.

Introduction: 2 meas 4/4

Cts

PART I

1-4	Grapevine: Stamp L across in front of R; Step R to R; Step L behind R; Step R to R.
5-8	2 step-hops (L,R) fwd, LOD, vigorously.
9-32	Repeat action of cts 1-8 three times.

PART II

	Face ctr of circle
1-2	Step-bend on L to L.
3-4	Step-bend on R to R, shifting wt to R.
5	Small, light leap on L to L, shifting wt to L.
6	Step R across in front of L.
7-8	Repeat action of cts 5-6, Part II
9-24	Repeat action of cts 1-8, two times.
25-26	Step-bend on L to L
27-28	Step on R, release hands and turn to face LOD.
29-32	4 running steps CCW (L R L R) with 4 hand claps at R, shoulder height.

Rejoin hands and repeat from the beginning.

Presented by Rivka Sturman