

Hora Medura

Dance: Yoav Ashriel *Rhythm:* 4/4

Formation: Single circle dance, arms held in “W” position (palms facing out and touching neighbour’s palm).

Measure	Count	FIG. 1	Measure	Count	FIG. 2
1	1	Facing center, step to R on R foot	1	1	Grapevine step to L: Facing center, step across L foot on R
	2	Close L foot to R foot		2	Step to L on L
	3	Step to R on R foot		3	Step behind L foot on R
	4	Close L foot to R foot		4	Step to L on L
2	1–4	REPEAT measure 1	2	1–4	Facing L, bend FWD slightly and take 4 running steps in RLOD
3	1	Facing center, lower arms to “V” position (still holding hands) and run FWD onto R foot	3	1–4	REPEAT measure 1, FIG. 2 while straightening up
	2	Run FWD onto L foot			
	3	Run FWD onto R foot			
	4	Hop on R foot	4	1	Standing very straight, stamp R foot w/out taking weight
		NOTE: During these 4 counts, your arms are raised to slightly above horizontal position		2	Hold
4	—	REPEAT measures 1–3 w/opposite footwork, while lowering arms back into “V” position		3	Stamp R foot again
				4	Hold
5–8	—	REPEAT measures 1–4	5–8		REPEAT measures 1–4, FIG. 2