

SULAM YA'AKOV

Translation: Jacob's Ladder Composed by: Jonaton Gabai

Introduction: 4 measures

Formation: Circle dance, no partners, hands joined down, facing center

<u>Measures</u>	<u>Counts</u>	<u>FIG. 1 - BOX</u>
1	1	Step on R to R
	2	Close L to R
	3, 4	Step on R to R; Hold
2	1, 2	Step on L to centre; Hold
	3, 4	Step on R to centre; Hold
3	1	Step on L to L
	2	Close R to L
	3, 4	Step on L BKWD; Hold
4	1, 2	Step on R back from center; Hold
	3, 4	Step on L back; Hold
5-8		REPEAT measures 1-4

		<u>FIG. 2 - MISERLOU STEP</u>
1	1, 2	Step on R FWD; Hold
	3, 4	Touch L toe across and in front of R; Hold
2	1	Swing L around and step on L, crossing in back of R
	2	Step on R to R
3	3, 4	Step on L, crossing in front of R; Hold
	1	Pivot on L, stepping on R, crossing in front of L
4	2	Step on L to L
	3, 4	Step on R, crossing in back of L; Hold
5	1	Step on L, crossing in front of R
	2	Step on R to R
6	3, 4	Step on L, crossing in back of R; Hold
		REPEAT measures 1-4, FIG. 2

NOTE: Melody 2 is 3/4 meter. REPEAT same dance action in this meters. Steps become bouncier. 4 measures of 3/4 meter = 1 measure of 4/4 meter for dance pattern.

