

HAVA NAGILA (Israeli)

Hava Nagila means "come let us be joyful." This couple dance is done to an old hora melody, Hava Nagila.

Formation: Double circle, partners facing, man's back to center, two hands joined. Partners stand close together, elbows bent, and hands close in.

Steps: Walk, leap, hop, jump, running step.

DIRECTIONS FOR THE DANCE

Meter 4/4 Directions are for both lady and man except when specially noted.

MEASURES

I. Pull Away and Circle

- A
1. Beginning right, take four steps backward, knees bend slowly taking body into crouch position by fourth step. Back remains fairly straight.
 2. Beginning right, take four steps forward, moving immediately into left reverse open position (count 1). Stand straight with left elbow bent and close to body, right arm is straight across in front of partner. Turn clockwise in reverse open position (counts 2,3,4).
 - 3-4. Repeat action of measures 1-2.
 - 1-4. Repeat action of measures 1-4. On fourth measure, however, partners face line of direction and take cross back hold position.

II. Leap and Turn, Balance and Run

- B
- 1-2. Beginning right, leap forward, body bending forward (count 1), step left beside right (count 2), step right back in place (count 3), step left beside right (count 4). Repeat.
 3. Drop left hands. Beginning right, take four steps, lady making three-quarters turn to face man who turns one-quarter clockwise to face her. Partners join left hands under right.
 4. Beginning right, take four steps, lady in place, man turning a full turn clockwise under their joined upraised hands. Now in original starting position, with joined hands crossed.
 - 5-6. Man beginning left, lady right, take four balances to side. (Man-left, right, left, right; lady-right, left, right, left.)
 - 7-8. Hook right elbows and extend left arm diagonally upward and outward. Take eight running steps around each other, turning clockwise once around to face original starting position. Drop hands and move apart about three feet.

III. Clap, Hop, and Turn

- C
1. Bend over to right and clap hands to one's own right side about knee level (counts 1, 2). Repeat bending to left (counts 3, 4). Sing "Uru Uru Achim."
 2. Bend forward and clap in front (count 1), gradually raise hands to outstretched arm position, in three upward lifts (counts 2, 3, 4). Head follows hand positions. Sing "Uru Uru Achim."
 3. Hands on hips. Jump in place (count 1). Take three hops on right, extending left foot forward (counts 2, 3, 4).
 4. Repeat action of measure 3, hopping on left foot and extending right.
 - 5-6. Repeat action of measures 3 and 4.
 7. Repeat action of measure 3, letting left foot trail behind while turning clockwise around in place once on three hops.
 8. Repeat action of measure 4, letting right foot trail behind while turning counterclockwise around in place once on three hops.