

# **ביָאמֵעַם**

*Hebrew for: In the Days*

(fast 4/4 time)

Done in a circle going to the right. No holding hands.

## **Part I: (first half of verse)**

- 1. 4 counts: (Hands behind back) step R-together-R, step L-together-L**
- 2. 4 counts: (walk backwards four steps while clapping four times) R, L, R, L.**
- 3. 8 counts: Repeat 1 and 2 three more times.**

## **Part II: (second half of verse)**

- 4. 4 counts: (facing into circle) step R, L, R, then L heel touches in place (as you clap hands once bending slightly)**
- 5. 4 counts: (backing out of circle) step L, R, L, then R heel touches in place (as you clap twice, raising hands above right shoulder)**
- 6. 8 counts: Repeat 4 and 5**

## **Part III: (on chorus)**

- 7. 12 counts: (Going counter clockwise, do six hopping steps starting with R foot and arms raised above head as follows) R hop, L hop and pivot to the left and do R hop, L hop backwards, then pivot to the right and do R hop, L hop going forwards.**
- 8. 4 counts: (with hands on hips do three steps in place) R, L, R, pause.**
- 9. Repeat 7 and 8.**

