Name/Title: The "Hora - And More"

Purpose of Event: To give students the opportunity to express themselves creatively, apply their knowledge of dance steps and rhythmic elements to the creative process, and ultimately to create their own dances.

Prerequisites: Knowledge of and ability to perform a variety of basic dance steps such as the Schottische, grapevine, three-step turn, bleking, and two-step.

Suggested Grade Level: 5-12

Materials Needed: CD, tape, or record player

Recommended music: Music for the Israeli folk dance "Hora" - **Hava Nagilia**.

Beginning dance formation: Single circle, line, or scattered formation

Description of Idea

Students will create a new dance based on the original "Hora" (see instructions below). Divide students into groups of three to four, and challenge them to create their own dance by adding six or more counts to the existing "Hora". Additional requirements could include having the students add a change of direction, at least one basic dance step, and be able to repeat the dance from the beginning with the original "Hora" steps.

Instructions for the original "Hora":
Count 1 - step to the left on the left foot
Count 2 - step right foot behind left
Count 3 - step to the left on the left foot
Count 4 - hop on the left and kick the right foot in front of the left
Count 5 - step to the right on the right foot
Count 6 - hop on the right and kick the left foot in front of the right

Variations:

Try the new dances to different music.
Change the requirements, for instance, require more counts, dance steps, or changes of direction.
Try the "Hora" beginning on the right foot instead of the left foot.

Assessment Ideas:

Have students perform their new dances for other groups or for the entire class.
Have students teach their new dances to the class.
Have students choose their favorite new dances and learn and perform those.

Adaptations for Students with Disabilities:

Use slower music or slow the music down. Perform the dance in half-time (2 counts per step).
Change requirements as needed.

Submitted by **Judy Black** who teaches at Eastern Illinois University in Charleston , IL . Thanks for contributing to PE Central! **Posted on PEC: 2/20/2001**.

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