

**BALADA AL HASUS**  
**(Ballad to the Horse)**

**Dance:** Lior Cohen & Doron Cohen  
**Music:** Moti Caspi    **Lyrics:** Yoram Tehar-Lev    **Singer:** The Gevatron  
**Meter:** 4/4  
**Formation:** Circle.

**PART I** - Face CCW.

1-2      Leap onto R fwd, run L fwd.  
3-4      Rpt. 1-2  
5-6      Jump on both, hop on R making ½ turn to R.  
7-8      Jump on both, hop on L completing the turn and face center.  
9-10     Sway R,L  
11&12    Cross R over L, L to L, R over L.  
13-16    Sway L,R, cross L over R turning to R, step R.  
17-20    Mayim step to R on line of circle beginning with L across R.  
22-22    Step-hop L fwd.  
23-24    R bwd L in place  
25-26    R hop turning to R.  
25-29    Step L, step R, hop R moving out of circle and turning to R.  
30-32    L,R,L completing the turn and face center.

**PART II** – Face center.

1-4      R to R, close L to R, R to R and hop on R making ½ turn to face out of circle.  
5-8      L to L, close R to L, L to L and hop on L making ¼ turn to L to face CCW.  
9-10     Sway R,L .  
11-12    Rock R across L and face center, step back on L and face CCW.  
13-14    Turn to R with R,L and face center.  
15-16    Fall back onto R lifting L knee, step L fwd.

**PART III** – Face diag. to L.

1-2      Step R fwd to center with R hip leading, close with L. Arms are extended out at waist level with palms down.  
3-4      Rpt. 1-2  
5-6      Rpt. Steps of 1-2, but arms are raised with fingers pointing up. On the close step, bend elbows.  
7-8      Rpt. 5-6  
9-12     Sway R,L, R across L, back on L.  
13-16    Step R, hop on R three times turning to R and end facing out of circle diag. to R  
17-32    Rpt. 1-16 with opp. footwork and direction moving out of circle and face center.

Dance repeats 3x.

**ENDING** – Face center.

1-4      Bounce & clap 4x  
5-8      Face CW: R-tog-R, hop R making ½ turn to R to face CCW.  
9-12     Bwd L,R,L  
13-16    Box step to R (R to R, L across, R bwd, L to L)  
17-20    2 debka steps R L in place.Tcherk.  
21-24    R (exaggerated) raising and lowering arms.  
25-32    Step R, close with L (3x) making a full turn to R, stamp R fwd and raise arms.

Instructions notated by Honey Goldfein

HG081808-KL (Karm08)