

BA'AH MENUCHA

Israel

Pronunciation: bah-AH meh-noo-KHAH
 Translation: The Worker Got a Rest
 Dance: Musa Ashkenazi Record: Y-113 (LP)
 Meter: 4/4
 Formation: Circle in a low "V" hand hold, facing LOD (CCW)

MEAS CTS DESCRIPTION

Part A (Face LOD (CCW))

1	1-4	4 steps fwd R,L,R,L
2	1-2	Cross R over L
	3-4	Cross L over R
3	1	Cross R over L, moving twd ctr
	2	Step L to L, L remains behind R
	3	Cross R over L, moving twd ctr
	4	Hold
4	1-4	Repeat meas 3, Part A, opp ftwk and dir
5-8	1-16	Repeat meas 1-4, Part A

Part B (Face ctr) HANDS ON SHOULDERS IN "T" POS

1	1	Sway R to R LEAVING L IN PLACE
	2	Hold
	3	Sway L to L LEAVING R IN PLACE
	4	Hold
2	1-4	Sideway two-step R to R , step R to R close L beside R, step R to R and hold LEAVING L IN PLACE
3-4	1-8	Repeat meas 1-2, Part B, opp ftwk and dir
5	1	Step R to R
	2	Touch L behind R
	3	Step L to L
	4	Touch R behind L
6	1-3	3 step turn to R (CW), R,L,R
	4	Close L beside R NO WT
7-8	1-8	Repeat meas 5-6, Part B, opp ftwk and dir

Part C (Face ctr) HANDS IN LOW "V" HAND HOLD

1	1-2	2 steps fwd R,L
	3	Step R fwd while bending knees and raising arms
	4	Step L back HANDS COME DOWN
2	1-4	Repeat meas 1, Part C, opp dir
3-4	1-6	Double Cherkessia with R
	7	Close R beside L
	8	Hold
5-8	1-16	Repeat meas 1-4, Part C

Presented by Ya'akov Eden