

PRONUNCIATION: Beh-lev Ech-ed
BELEV ECHAD
(Israel)

SOURCE: This dance is a debka done flat-footed and very Middle Eastern in its style. TRANSLATION: With One Heart. Dance by Yo'av Ashriel

MUSIC: Dances by Yo'av Ashriel, Y-114, Side B, Band 1
Short

FORMATION: A line in a ~~simple hold~~ "V" pos.

METER: 2/8

PATTERN

Meas Ct *Intro: 16 cts*

NOTE: Each 1/8 is counted as 1 ct.

PART A - FACE LOD

- | | | |
|------|-----|--|
| 1 | 1-2 | Debka step R fwd (<i>touch R heel fwd; step R fwd</i>) |
| 2 | 1 | Step L fwd |
| | 2 | Hold |
| 3 | 1 | Step R fwd, <i>leave L in place</i> |
| | 2 | Stamp L beside R with bent knee <i>Rock back on L</i> } <i>rock</i> |
| 4 | 1 | Step R fwd |
| | 2 | Hold |
| 5 | 1 | Touch L fwd |
| | 2 | Bend R knee |
| 6 | 1-2 | Repeat cts 1-2, meas 5, Part A, reverse direction |
| 7-8 | | Repeat meas 3-4, Part A, reverse ftwk (<i>touch-touch</i>) |
| 9-32 | | Repeat meas 1-8, Part A, 3 more times (<i>rock-rock-rock</i>) |

PART B - FACE CTR

- | | | |
|---|-----|--|
| 1 | 1 | Stamp R over <i>fwd</i> L, leading with R shldr |
| | 2 | Lift R while bending L knee <i>hold</i> |
| 2 | 1-2 | Repeat meas 1, Part B |
| 3 | 1 | Stamp <i>Step</i> R to R |
| | 2 | Close L beside R |
| 4 | 1 | Stamp <i>Step</i> R to R |
| | 2 | Hold |
| 5 | 1 | Leap L to L, <i>start to bend body</i> |
| | 2 | Cross R over L with bent knee, <i>body bent</i> |
| 6 | 1 | Stamp L behind R with bent knee while straightening R fwd |
| | 2 | Hold |

Continued...

BELEV ECHAD (Cont'd)

- Meas Ct *Straighten body and*
- 7 1-2 *Circle R to R and leap onto R*
- 8 1 Close L beside R
- 2 Hold
- 9-32 Repeat meas 1-8, Part B, 3 more times
- PART C (dance with bent knees)
- 1 1 Step R ~~to R~~ *fwd*, hands *fwd* at chest ht.
- 2 ~~Bend R knee~~
- 2 1 Cross L over R
- 2 ~~Bend L knee~~
- 3 1 Step R back
- 2 ~~Bend R knee~~
- 4 1 Step L ~~to L~~ *slightly back*
- 2 ~~Bend L knee~~
- 5-8 Repeat meas 1-4, Part C
- 9-10 Two-step R *fwd*, twd ctr with stamps, hands in "V" pos.
- 11 1 Hop on R *& lead with L shldr twd ctr.*
- 2 Cross L over R while bending knees and body *fwd*
- 12 1 Step R back in place
- 2 Hold
- 13-16 Repeat meas 9-12, Part C, reverse ftwk
- 17-20 4 steps with knee bends bk, R, L, R, L
- 21-32 Repeat meas 9-20, Part C
- PART D
- 1 1 Stamp R to R *& face LOD*
- 2 Hold
- 2 1 Hop on R
- 2 Extend L *fwd*
- 3 1 Hop on R
- 2 Extend L *bk*
- 4 1 Stamp L ~~over R~~ *fwd* while bending *fwd*
- 2 Stamp R ~~to R~~ *close* *fwd*
- 5 1 Stamp L ~~over R~~ *fwd* while bending *fwd*
- 2 Hold

-Ya'akov Eden
Idyll. Weekend '81