

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:

FORMATION: Line in a simple hold

METER: 2/8

PATTERN

Meas Ct

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

PART A - FACE LOD

- | | | |
|------|-----|---|
| 1 | 1-2 | Debka step R fwd |
| 2 | 1 | Step L fwd |
| | 2 | Hold |
| 3 | 1 | Step R fwd |
| | 2 | Stamp L beside R with bent knee |
| 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 |
| 9-32 | | Repeat meas 1-8, Part A, 3 more times |

PART B - FACE CTR

- | | | |
|---|-----|---|
| 1 | 1 | Stamp R over L, leading with R shldr |
| | 2 | Lift R while bending L knee |
| 2 | 1-2 | Repeat meas 1, Part B |
| 3 | 1 | Stamp R to R |
| | 2 | Close L beside R |
| 4 | 1 | Stamp R to R |
| | 2 | Hold |
| 5 | 1 | Leap L to L |
| | 2 | Cross R over L with bent knee |
| 6 | 1 | Stamp L behind R with bent knee while straightening R fwd |
| | 2 | Hold |

Continued...

BELEV ECHAD (Cont'd)

Meas Ct

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

1 1 Step R to R

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

2 Bend L knee

5-8 Repeat meas 1-4, Part C

9-10 Two-step R fwd, twd ctr with stamps

11 1 Hop on R

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

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 while bending fwd

2 Stamp R to R

5 1 Stamp L over R while bending fwd

2 Hold

Continued.

BELEV ECHAD (Cont'd)

Meas	Ct	
6	1	Stamp R to R, body up
	2	Close L beside R
7	1	Stamp R to R
	2	Hold
8	1	Cross L behind R
	2	Hold
9-16		Repeat meas 1-8, Part D
		<u>INTERLUDE</u>
1	1	Step R to R
	2	Bend R knee
2	1	Close L beside R
	2	Bend L knee
3-4		Repeat meas 1-2, Interlude
		<u>PART E</u>
1-20		Repeat Part D and Interlude

Presented by Ya'akov Eden
Idyllwild Weekend Conference

12 BELEV ECHAD
meas 6, add to end; and face ctr.
Interlude, meas 1-2, cts 2, delete bend-R-knee, replace with hold