

Music: Naomi Shemer  
Dance: Eliahu Gamliel

BISDOT BEIT LECHEM

(In the fields of Bethlehem)

The melody is quiet and delicate, the dance equally flowing and peaceful, both reminiscent of the 'good old days'.

FORMATION: Double circle of couples, M in centre, W at his R. Inside hands held, both facing CCW.

DIRECTION: CCW

FOOTWORK: Dance directions given for M, reverse footwork for W.

TIME: 4/4

PART ONE

- 1 - 4 Four steps fwd in LOD starting L, ending face to face. COH, L hand of M holds R hand of W.
- 5 - 8 Face to face: Yemenite step L, on ct 8 lift R fwd knee bent and pivot on L to face LOD. Inside arms touch (R of M, L of W) shldr to shldr and come up under the above held hands (L of M in R of W).
- 9 - 11 Three steps fwd in LOD R, L, R (slightly accent last step).
- 12 Brush L fwd and lift L up and around to pass R knee.
- 13 - 14 Two steps bkwd L, R CW (RLOD, L hand of M releases W's R).
- 15 Large step L to L (knee bent) away from ptr, ptrs slightly separate from one another and the held hands are taut.
- 16 Transfer weight R to R (knee bent) ptrs come close to one another held hands bent.
- 17 - 32 Rpt 1-16.

PART TWO - VARSOUVIENNE POSITION

- 1 - 4 Two quick two-steps fwd in LOD L, R, L; R, L, R.
- 5 - 8 W: 2 quick two-steps R, L, R; L, R, L while turning out and under the outside held hands to her R. M: rpt 1-4 accompanying W both moving slightly fwd in LOD - do not release hands - cont holding crossed in front of chest.
- 9 - 12 Release hands, each performs full turn. W 4 steps R, L, R, L turning outwards R (CW)  $\frac{3}{4}$  turn end R shldr to R shldr. M 4 steps L, R, L, R turning twd ctr of circle (CCW) return to ptr ending R shldr to R shldr.
- 13 - 16 Each places R hand on back of ptr, L hands will hold the R at waist. In this position, 4 steps as cpl turns together CW. (W R, L, R, L; M L, R, L, R).
- 17 - 20 W performs  $\frac{1}{2}$  turn in place to R, 4 steps R, L, R, L. M releases W's R hand and performs full turn L to orig place 4 steps L, R, L, R return to Varsouvienne pos (CCW).
- 21 - 40 Rpt 1-20 (end in double circle M in ctr W at his R holding inside hands CCW).