

**BONA HABANOT**  
(Israel)

This version of the couple dance was introduced by Dani Dassa at the Statewide Festival Institute in Santa Monica, 1963.

**RECORD:** Authentic Israeli Folk Dances presented by the Brandeis Camp Institute, side 1, band 4, "Bona Habanot".

**FORMATION:** Opls facing CCW around room. Inside hand joined with ptr, elbows bent.

**STEPS:** Ftwork is described for M. W use oppos ftwork throughout dance.

Music 4/4

Pattern

Meas

**INTRODUCTION 8 MEAS:** On ct 4 of meas 8, take wt on R and flex R knee.

A

I.

1

Step fwd on L (ct 1); flex L knee (ct 2); step fwd on R (ct 3); flex R knee (ct 4).

2

Turning twd ptr, step swd to LOD on L (ct 1); step on R next to L (ct 2); facing LOD, step fwd on L (ct 3); flex L knee (ct 4).

3

Step fwd on R (ct 1); flex R knee (ct 2); step fwd on L (ct 3); flex L knee (ct 4).

4

Step bwd on R toe (ct 1); step fwd on L (ct 2); step fwd on R (ct 3); flex R knee (ct 4).

5-8

Repeat action of FIG I, meas 1-4.

B

II.

9

Face ptr and join both hands. Step swd to L on L (ct 1); flex L knee (ct 2); step swd to R on R (ct 3); flex R knee (ct 4).

10

Let go of original inside hand. Take a low leap to L on L (ct 1); facing RLOD, step fwd in RLOD on R toe (ct 2); facing ptr, step on L across in front of R (ct 3); flex L knee, (ct 4).

11-12

Reversing ftwork and line of dance, repeat action of FIG II, meas 9-10.

13-16

Repeat all action of FIG II, meas 9-12

Repeat dance from beginning.