

~~EZ VACHEVES~~~~EZ VACHEVES~~

(The Goat and the Sheep are Shorn)

(Ehz Vuh-keh-vehs)

- SOURCE:** Ez Vacheves, created by the very talented and capable Yoav Ashriel, aptly expresses the fervor and vitality of the Israeli youth. One of the most successful of the couple dances, it is done with much expression and freedom of movement.
- MUSIC:** AN 18-28 HED ARZI
- FORMATION:** Coupledance with single circle of cpls facing each other (M CCW). (W CW), R hands joined, L hands upraised.

4/4/ time

PATTERN

meas PART I MUSIC "A"

- 1 Both aptrs starting on R, M take 4 running steps fwd, W 4 running steps bwd
- 2 Take one running step on R twd ptr, (ct 5); ptrs now exchange places by running one step CW around each other on L (M now face CW, W-CCW) (6) Jump on both feet (ct 7); hop on L (ct 8)
- 3 Beg R, W take 4 running steps fwd, M 4 running steps bwd (cts 1-4)
- 4 Repeat cts 5-8, ending with cpls in orig pos. (1-4)

PART II MUSIC "B" Since steps for M and W are markedly different in this dance, they are presented individually here:

M's STEP

Release hands. This part of the dance is done in a proud erect fashion, body straight, shldr and arms held stiffly. M looks over shldr at W.

- 1 Taking 1/4 turn L to face ctr of circle, stamp R sdw to R. (ct 1); Hold (ct 2); Leap lightly swd on L to L (ct 3); Close R to L with a heel stamp (no wt) (ct 4)
- 2 Step with R to R (ct 1); Remaining on R, turn 1/2 turn CW (ending with back to ctr (ct 2); Step with L to L (ct 3); Remaining on L, turn 1/2 CCW to face ctr once again. (ct 4)
- 3-4 Stamp R swd to R (ct 1); Repeat cts 2 through 8, ending facing W

W'S STEP

Release hands. (W is in her orig position). Place hands out in front of body, waist high, palms up.

- 1 Step fwd on R, bending knee and keeping L in place (ct 1); Step bwd on L toe, elevating body slightly (ct 2); Repeat cts 1-2 (Cts 3-4)
- 2 Repeat cts 1-2, raising arms (cts 5-6); Step bwd on R, keeping L in place. At the same time, swing arms downward and beyond body (ct 7); step fwd on L toe, elevating body slightly (ct 8). Arms swing upward to orig waist-level pos

PART II W's step cont

3-4 Repeat meas 1-2

PART III MUSIC "C" Ptrs face each other. Join both hands and keep knees bent for this entire section of the dance.

1 W lightly leap fwd on R, W leaping lightly bwd on R (ct 1); close L to R(ct 2); Touch R heel in place (ct 3); Touch R toe in place (ct 4)

2-4 Repeat meas 1 three times (cts 5-11)

PART IV MUSIC "D" Ptrs straighten up and place R arms around each other's waist with R hips adjacent. Extend L arms upward.

1 Step fwd on R, bending knee (ct 1); Step fwd on L toe, elevating body (ct 2); Repeat cts 1-2, starting to move in a CW direction (cts 3-4)

2-4 Repeat meas 1 three times, continuing moving CW around ptr, but on ct 8, brcush L fwd. (cts 5-8)

5-8 Ptrs place L arms around each other's waist with L hips adjacent, R arms extended upward and repeat Meas 1-2, but this time with opp ftwk