## RACHEL Israel

PRONUNCIATION:

TRANSLATION:

Rah-hel

A girl's name

DANCE: Shlomo Bachar RECORD: Hadarim II Cpls facing with M's back to ctr, hands are joined and FORMATION: extended to sides at chest ht STEPS: Yemenite R: Step R to R (bend knees) (ct 1); step L in place (ct 2); step R across L (ct 3); hold (ct 4) When doing to L, use opp ftwk Two-step: Sep, close, step, hold (1 step per ct) 4 Step Grapevine: Step R across L with plie (ct 1); step L to L (ct 2); step R behind L (ct 3); step L to L (ct 4) Ftwk described for M - W use opp ftwk unless otherwise indicated. PATTERN METER: 4/4 Meas. INTRODUCTION: PART I: Yemenite R,L 1-2 Moving in LOD, step R across L (ct 1); close L to R (ct 2); 3 step R across L (ct 3); hold (ct 4) 4-6 Yemenite L,R,I Rock back on R and hold (cts 1-2); rock L fwd and hold (cts 3-4) 1 Do 1 two-step bkwd starting R (cts 1-3); hold (ct 4) 2 3 Yemenite L 4 Rock R fwd and hold (cts 1-2); rock L bkwd and hold (cts 3-4) 5 Do 1 two-step fwd starting R (cts 1-3); hold (ct 4) 6 Yemenite L. Release hand hold PART III: MEN: Step bkwd R,L (cts 1-2); leap fwd on R (ct 3); step L fwd (ct 4) 1 Leap fwd on R (ct 1), step L fwd (ct 2); step R to R swaying R 2 (ct 3); snap fingers down to R side (ct 4) Step L to L swaying L (ct 1); snap fingers down to L sides (ct 2); 3 step R to R and sway R, turn shldr and head R (ct 3); hold (ct 4) Step L to L and sway L, turn shidr and head L (ct 1) hold (ct 2); 4 stepping R,L, turn CW (R) and end facing ptnr with L shldr twd ctr and facing ptnr (cts 3-4); end in a sing circle facing ptnr and LOD WOMEN: Step bkwd L,R (cts 1-2); make 1 complete turn CW (R) with two 1-2 leap-steps starting L (cts 3-4; 1-2); step L to L and sway L while snapping fingers down to L side (cts 3-4) Stepping R to R sway R and snap fingers down to R side (cts 1-2); 3 step L to L and sway L (cts 3-4) Step R to R and sway R (cts 1-2); step L fwd and turn & (CCW-L) 4 to face ptnr (ct 3); close R to L and face ptnr (ct 4). W R shldr twd ctr of circle and facing ptnr

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	PART IV:
1	Stepping L across R twd ctr, turn 1 to face out (ct 1); step R bkwd (ct 2); lift L (ct 3); hold and rejoin hands (ct 4)
2	Starting L do 1 two-step fwd. Joined inside hands are down, outside hands are joined high to form an arch
3	Touch R heel in front of L (ct 1); step iwd R,L (cts 2-3); hold (ct 4)
4	Repeat meas 3
4 5	Touch R across L (meet ptnr's L) (cts 1-2); touch R to R, hold (cts 3-4)
6	Step R bkwd (ct 1); step on L and pivot 1/2 turn CCW (L), and facin ctr of circle (ct 2); step R fwd (ct 3); hold (ct 4)
7 8	Repeat meas 5 with opp ftwk
8	Step bkwd L,R (cts 1-2); step L fwd (ct 3); hold (ct 4)
9-16	Repeat meas 1-8
	PART V:
1-4	With cpls facint ctr (W on M R) and inside hands only joined down, do 4 grapevine steps (plie on 1st ct), making one CW turn, M start R, W L. End in orig pos to begin dance again.

- Shlomo Bachar Idyll Wkshp Inst. 181