

BA'A MENUCHA
(Israel)

Pronunciation:

Translation: Workers Repose

Choreographer: Bentzi Tiram

Record: T-Ram 1002

4/4 meter

Formation: Circle in simple hold ("V" pos).

Counts

Pattern

PART A

1-2 Step R diag fwd, cross L over R.
3-4 Step R bkwd and bounce.
5-8 Bkwd Yemenite step with L.
9-12 R,L,R while turning 3/4 turn CW and bounce.
13-16 Three steps fwd in RLOD - L,R,L - and hold.
17-32 Repeat cts 1-16.

PART B

1-4 Grapevine steps starting with R to L.
5-6 Cross over L with R while bending slightly, step L in place while straightening.
7-8 Step R bkwd while turning 1/4 CW, and hold.
9-12 Two step-bends fwd L,R while snapping fingers on the "&" ct from side to side.
13-14 Step fwd with L while swinging the hands up, step R in place.
15-16 Step bkwd with L (bend knee) while putting hands on shldr, and hold.
17-18 Step R sdwd R while facing L, and bounce.
19-20 Sway L while facing R, and bounce.
21-24 Step R to the R while facing L, cross L behind R, step R sdwd R while facing L, and bend R knee.
25-32 Repeat cts 17-24, reversing ftwk and directions.

PART C

1-4 Grapevine step with R to R.
5-8 Three steps, R,L,R, while turning CW, and hold.
9-10 Step L sdwd to L while facing R, and bounce.
11-12 Sway R while facing to L, and bounce.
13-16 Back Yemenite step, with L.
17-32 Repeat cts 1-16.

Presented by Bentzi Tiram