

BAREKH ALEINU  
(Israel)

This is a circle dance which translates to "Bless Us." The music is by Khitman, and the dance was choreographed by Shlomo Maman.

Pronunciation:

Record: Blue Star 79

Formation: Circle, hands joined above shldr with bent elbows, moving CCW.

Cts

Pattern

Part 1. Face LOD, CCW

- 1-2 Two running steps fwd beginning with R ft.
- 3-4 Jump on both ft together, hop on L.
- 5-8 Repeat action of cts 1-4.
- 9-12 Balance fwd on R, bent-knee, step on L in place, body bends slightly bkwd, step on R bkwd, step on L in place, bending body slightly fwd.
- 13-16 In place, step on R to R side, step L in place (to L), close R beside L, jumping on both ft together, land on L.
- 17-32 Repeat action of cts 1-16.

Part 2. Face ctr.

Section A.

- 1-2 Cross R in front of L, step on L in place (bkwd).
- 3-4 Wide step on R to R side, close L beside R.
- 5 Drop hands, step on R to R side.
- 6-8 Three light hops on R, making a whole turn CW, in place, while L leg is raised in air with bent knee.
- 9-16 Repeat action of cts 1-16 in opp direction and reverse ftwk (beginning with L crossing in front of R).

Section B. Face ctr, move twd and away from ctr, hands dropped.

- 1-2 Two running steps twd ctr, beginning with R.
- 3-4 Step-hop on R fwd.
- 5-6 Touch with the whole L ft crossing slightly in front of R, turning the body slightly to R side, hands stretched upward, raise L leg slightly off the ground.
- 7-8 Repeat action of cts 5-6 touching with L ft to L side and end with back to ctr.
- 9-16 Repeat action of cts 1-8, with reverse ftwk moving away from ctr, beginning with L ft, turning L shldr outward.

Transitional Section: Face ctr, hands joined.

- 1-2 Step on R fwd with bent knee, step on L in place.
- 3-4 Close R beside L jumping on both ft together, land on L in place.

Presented by Ya'akov Eden