

BE BUCHARA HAYAFÄ
(The Beautiful Buchara,
Capital of Persia)

HADARIM VII - Oriental (Persian)
Side 8 - band 5

MUSIC: Traditional
DANCE: Shlomo Bachar

Formation: Line dance, facing CCW, holding hands.

PART ONE

- 1 - 4 four running steps forward starting with r,l,r,l.
- 5 - 6 Jump forward on both feet and hold.
- 7 - 8 Jump on both feet backward, then forward again.
- 9 - 16 Repeat 1-8.

PART TWO

FACING CENTER

- 1 - 3 Step to the right side on the right foot, cross with the left foot in back of the right, step to the right side with the right foot.
 - 4 Stamp the left heel vigorously to the left side while raising arms up.
 - 5 - 8 Repeat 1-4 in reverse to the left side.
- MOVING INTO THE CENTER
- 9 - 10 Step forward on r,l.
 - 11 Step-fall on the right foot forward while also landing on left ball of foot in back of the right heel.
 - 12 Hold.
 - 13 Stamp back in place on the left ball of foot.
 - 14 Hold.
 - 15 - 16 Step back 2 quick steps r,l.

PART THREE

- 1 - 2 Step on the right foot to the right side, step on the left foot to the left side.
- 3 - 4 Brush the right foot from the right side to the left side and hop on the left foot.
- 5 Step-cross with the right foot in front of the left
- 6 Hold.
- 7 - 8 Moving to the left, step quickly on the left then right foot.
- 9 - 16 Repeat 1-16 in reverse (to the left side).
- 17 - 20 Repeat 1-4.
- 21 Step on right ball of foot in back of left foot.
- 22 Hold.
- 27 - 28 Close left foot next to the right, and hold.

PART FOUR

- 1 - 2 Cross-step-hop on the right foot in front of left.
- 3 - 4 Reverse 1-2 on left foot.
- 5 - 8 Step-hop in place on r,l.
- 9 - 16 Repeat 1-8.

PART FIVE

- 1 - 2 Cross-step-hop on the right foot into center.
- 3 Stamp on left foot into the center while making a quarter turn CW so that your left shoulder is facing the center.
- 4 Hold.
- 5 - 8 In place, both hands above head, clap, hold, clap-clap.
- 9 - 16 Continuous walking CW (to right side) right, hold, left, hold, right, hold, left, hold.
- 17 - 32 Repeat 1-16.