

BEPUNDAK KATAN

~~Insert Dance Name~~
Israeli

Dance introduced by: Avi Peretz - 1988

Formation: Circle

Starting arm position: Hands are not joined

Meter: 4/4

Steps used: Na'ale Step, Grapevine, Stamp

Measure Count Step

Part I

- | | | |
|-----|-----|--|
| 1 | 1-4 | Facing center, do one Na'ale Step. |
| 2 | 1-4 | Facing out of circle, do one Na'ale step starting on the L foot and pivoting L instead or R. |
| 3 | 1-2 | Step on R foot to R (1), step on L foot in place (2), step onto R foot in front of L foot (3), step on L foot in place |
| 4 | 1-4 | Step back on R foot (1), step on L foot in place (2), lightly stamp R foot next to L foot (3), hold (4). |
| 5-6 | | Repeat measures 1-2. |
| 7 | 1-2 | Repeat counts 1-2 of measure 3. |
| | 3-4 | Brush R foot while lifting R leg with knee bent in front of L leg (3), slap top of R thigh with R hand (4). |
| 8 | 1-2 | Repeat counts 3-4 of measure 3. |
| | 3-4 | Repeat counts 1-2 of measure 4. |
| 9 | 1-2 | Lightly stamp R foot next to L foot (1), pivot on L foot to face RLOD (4). Note: measure 9 only has two beats. |

Part II

- | | | |
|---|-----|--|
| 1 | 1-4 | Step on R foot to R (1), close L foot to R foot (2), step on R foot to R (3), pivot on R foot to face LOD (4). |
| 2 | | Repeat measure 1 with opposite footwork. After the pivot, you should be facing RLOD. |

Cont...

- 3 1-2 Sway on R foot to R (1), sway on L foot to L (2).
3-4 Start a grapevine to the L by stepping on R foot across L foot (3-4).
- 4 1-4 Finish Grapevine step (1-2), step on R foot across L foot (3), step on L foot in place and pivot on L foot to face center (4).
- 5 1-4 Sway R (1-2), sway L (3-4).
- 6 1-4 Make a complete three-step turn to R (1-3), hold (4).
- 7-8 Repeat measures 1-2 with opposite footwork and in opposite direction.

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Bob Shapiro

(785) 266-7155

b Shapiro11@sbcglobal.net

URL: <http://www.recfd.com>

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