## BESDOT BET - LECHEM

## Israeli Couple Dance

Translation: In the fields of Bethlehem

Dance: Eliyahu Gamli'el

Record: Dances in the Garden of Eden YE - 1001

Basic Steps: Walk, Yemenite, Two-step

Formation: Couples in a simple hold, W on M's R, facing LOD, CCW

Meter: 4/

Note- Steps are described for M, W do opposite

Measure	Count	Description
Begin after 10-count introduction.		
		PART A - simple hold
1	1-4	4 steps: L,R,L,R in LOD
2	1-3	Yemenite step L (changing hands on 1st step)
	4	Pivot on L to face LOD, lifting R and joining inside hands, bringing them under and up in front of joined outside hands.
3	1-3	3 steps forward: R,L,R
	4 .	Brush L fwd
4	1-2	2 steps back
	3	Step L to L with bent knee, letting go of outside hands (Men's L, Women's R)
	4	Step R to R with bent knee
5-8		Repeat measures 1-4, Part A; moving into Varsouvienne
		position on last step (measure 4, count 4)
		PART B - Varsouvienne position
1	1-4	2 fast two-steps: L, R, in LOD
2	1-4	2 fast two-steps: L, R, in LOD, while lady turns CW without letting go of hands
3	1-4	4 steps: L,R, L,R, turning individually CCW (away from partner)
4	1-4	4 steps: L,R,L,R, to meet with partner in a back basket hold (R shoulders adjacent)
5	1-2	2 steps: L,R, CW; Man lets go of R hand and turns complete turn CCW in 2 steps L,R, while lady lets go of L hand and turns
		half-way in 2 steps, returning to original position.
6-10		Repeat measures 1-5, Part B
		Note- At the end of measure 10, end in a simple hold to begin
		dance from beginning.

Presented by Ya'akov Eden