

Es Vakeves

(Israel)

Formation: Couples face each other, men face CCW, girls CW, in a circle.
R arms are bent fwd, join hands. Part I and III both start with the same foot.

Part I

- 1 4 running steps fwd RLRL; (girls bkwd).
- 2 R fwd; leap on L fwd; (partners changed places) jump on both feet; hop on L;
- 3-4 Reverse direction, girls run fwd, men bkwd.

Part II

Step for Men. Release hands.

- 5 1/4 turn on L and R to R side; (face the center of the circle) hold; leap on L to L side; R closes to L;
- 6 R to R side; 1/2 turn to R side; L to L side; 1/2 turn to L side;
- 7-8 Repeat meas 5-6. On last count 1/4 turn.

Steps for Girls. Arms down, palms face fwd.

- 5 R fwd; (bend R knee) L in place; (on toe) Repeat;
- 6 Big step on R fwd; L bkwd; R bkwd; (bend knee, palms turn bkwd) L fwd;
- 7-8 Repeat meas 5-6.

Part III

Partners face each other as in Part I. Join both hands and keep both knees bent for the next 4 measures. Men move fwd. CCW.
Girls bkwd. CCW.

- 9 Leap on R fwd; close L to R; R heel touches floor; R toe touches floor;
- 10-12 Repeat meas 9 three more times.
- 13-14 Partners bring R arms around each others waists, L arms are extended upward. Pivot around moving CW.
- 15-16 Reverse meas 13-14.