

ME VAKIVES (The Goat and Sheep are Shorn)

Dance: Yoav Gehriel
Music: Shalem

Formation: Couples face each other, men face CCW, girls CW, in a circle. Right arms are bent fwd, join hands. PART ONE and THREE both start with the same foot.

PART ONE

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

PART TWO

STEP FOR MEN. Release hands

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

STEP FOR GIRLS. Arms down, palms face fwd.

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

PART THREE

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

- M 9 : Leap on R fwd; close L to R; R heel touches floor; R toe touches floor;
- M10-12 : Repeat M 9 three more times.
- M13-14 : Partners bring R arms around each others waists, L arms are extended upward. Pivot around moving CW.
- M15-16 : Reverse M 13-14

