

BA'AH MENUCHA (continued)

<u>Measures</u>	<u>Counts</u>	<u>Description</u>
<u>Part B - (face center)</u>		
1	1	Sway R to R
	2	Hold
	3	Sway L to L
	4	Hold
2	1-4	Sideway two-step R to R, step R to R close L beside R, step R to R and hold
3-4		Repeat Meas. 1-2, Part B, reverse footwork and direction
5	1	Step R to R
	2	Touch L behind R
	3	Step L to L
	4	Touch R behind L
6	1-3	3 Step turn to R - R, L, R
	4	Close L beside R
7-8		Repeat Meas. 5-6, Part B, reverse footwork and direction



<u>Measures</u>	<u>Counts</u>	<u>Description</u>
<u>Part C - (face center)</u>		
1	1-2	2 Steps fwd. R, L
	3	Step R fwd. while bending knees and raising arms
	4	Step L back
		Repeat Meas. 1, Part C, reverse direction
2	1-4	Repeat Meas. 1, Part C, reverse direction
3-4	1-6	Double Tcherkessia w/R
	7	Close R beside L
	8	Hold
	5-8	

Blue Star 1980

MECHOL HA'OHAVIM
Couple Dance



Translation: The Lovers Dance
 Dance: Shlomo Maman
 Meter: 4/4
 Formation: Couples facing LOD. W on M's R, left hands joined, M's R hand on W's R waist
 Note: Footwork is same for both

<u>Measures</u>	<u>Counts</u>	<u>Description</u>
<u>Part A</u>		
1	1	Step R fwd. w/bent knee
	2	Close L beside R
	3-4	Repeat cts. 1-2, Meas. 1, Part A
	2	1
2		Step L back in place
3		Step R back w/bent knee
4		Step L back in place
3-4		Repeat Meas. 1-2, Part A
5	1	Step R fwd. w/bent knee while body leans back
	2	Step L back in place
	3	Step R back with a stamp
	4	Drag L and close beside R



(contid.)

MECHOL HA'OHAVIM (continued)

<u>Measures</u>	<u>Counts</u>	<u>Description</u>
<u>Part A - (continued)</u>		
6	1-2	Repeat cts. 1-2, Meas. 5, Part A, while turning to face partner. L hands joined, M's back to center
	3-4	2 Sways R, L
7	1-4	Yemenite R while lifting R hand and joining them above head to create a window.
8	1-3	3 Steps in place L, R, L while returning to original position, side by side facing LOD.
	4	Hold
9-16		Repeat Meas. 1-8, Part A. End facing partner.
<u>Part B - (L hands joined)</u>		
1	1	Step R to R
	2	Brush L across R
	3	Cross L over R w/bent knees, L shoulders adjacent
	4	Step R back in place
2	1-4	Repeat Meas. 1, Part B, reverse footwork and direction
3-4		Repeat Meas. 1-2, Part B, w/R hands joined
5	1-3	Two-step R fwd.
	4	Brush L fwd.
6	1-4	Repeat Meas. 5, Part B, reverse footwork
7-8		2 Two-steps R, L turning 1 full solo turn to R, end facing partner
9-10		2 Two-steps R, L turning 1 full turn together in a buzz hold
11-12		2 Two-steps R, L, M in place, W turns under M's L hand 1 full turn



Blue Star 1980

VE'AHAVTA LERE'ACHA
Circle Dance

The dance is done with a Chassidic dance style.

Translation: Love Thy Friend
 Dance: Shimon Shorer
 Meter: 4/4
 Formation: Circle, no hand hold, face LOD (CCW) hands up, palms facing body

<u>Measures</u>	<u>Counts</u>	<u>Description</u>
<u>Part A - (no hand hold, face LOD (CCW))</u>		
1	1-4	2 Fast two-steps fwd. R, L
2	1-4	Repeat Meas. 1, Part A
3	1	Hands on chest, step R to R
	2	Step L behind R
	3	Step R to R
	4	Close L beside R
4	1-3	Repeat cts. 1-3, Meas. 3, Part A
	4	Close R beside L while turning to face center
5	1-4	2 Two-steps fwd. R, L, toward center while bending knees
6	1-4	Repeat Meas. 5, Part A, reverse direction while lifting arms
7	1-4	Repeat Meas. 3, Part A
8	1-4	3/4 Turn to L (CW) - L, R, L, R, end facing LOD (CCW)
9-16		Repeat Meas. 1-8, Part A, end facing center



(contid.)