

MECHOL HAGAT (Dance of the  
winepressers)

Dance: Yardena Cohen  
Music: Yaron

Formation: Circle, all join hands and lift up shoulder level. Face CCW.

CHORUS

1-32: 32 shuffling steps fwd, start R. Body bends slightly bwd.

PART ONE

Face center, release hands.

33-36: Tcherkessia R. Arms move fwd on first step and bwd on third.

37-52: 4 more Tcherkessia steps

53-56: 4 steps in place, start R. At the same time one complete turn  
to right side with both arms up.

57-60: Tcherkessia R

61-64: Repeat 53-56

CHORUS (1-32)

PART TWO

Face center, release hands.

33-36: Tcherkessia R

37-40: Stamp 4 steps in place RLRL, body and arms down

41-64: Repeat 33-40 three more times.

CHORUS (1-32)

PART THREE (Face CCW)

33-48: 4 Tcherkessia steps, start R

49-52: Stamp four steps in place RLRL, body and arms down

53-56: Stamp four steps in place RLRL, body and arms up

57-64: Repeat 49-56

The steps of the CHORUS should be done as if pressing grapes. In Part One Count 53-56, the arms are lifted as if carrying a basket filled with grapes.