

## Mechol Hanoar

(Israel)

Source: Dance by Shalom Hermon.  
Record: Israeli Folk Dances, Israel Music Foundation LP7.  
Formation: Couples in a circle. Boys and girls do same step except in Figure I, cts 17-32. There the boy's steps are described and girl uses opposite ft.

Step: Basic Step

The dance is based on one basic set of steps. This is described first. Step is used as described except in certain instances, where the hop on ct 4 is on other ft.

### Count

- 1 Step on R (L).
- 2 Step on L (R).
- 3 Jump on both in place.
- 4 Hop on L (R) in place.

### Figure I

Partners side by side facing CCW. R hands joined on R side of girl's head (boy's arm is behind girl's head). L hands joined on left side of girl's head.

- 1 Step fwd on R. (The melody begins on the second half of the first count.)
- 2 Hop in place on R.
- 3 Step fwd on L.
- 4 Hop in place on L.
- 5-8 Repeat cts 1-4, once more.
- 9-12 Basic Step fwd beginning on R.
- 13-16 Basic Step fwd beginning on R. On ct 16 boy hops on R, girl on L. Girl turns left to face ptr. Boy brings R arms over girl's head. At the end change hands so that ptrs hold opposite hands at waist level.
- 17-20 Basic Step CCW beginning on L, ptrs facing each other. On ct 20, boy hops on L, girl on R. (R crosses in front of L on second count, both move CCW.)
- 21-24 Release hands. Basic Step beginning on R making a complete turn to the R. At the end ptrs are facing each other again.
- 25-32 Join hands again and repeat cts 17-24, this time CW beginning on R. On ct 28 boy hops on R, girl on L. On ct 32, both hop on L. On the last hop ptrs move back away from each other.

### Figure II

- 1-4 Basic Step fwd beginning on R. Partners move twd each other. On ct 3 partners clap R hands.
- 5-8 Basic step back, beginning on R. On ct 8, both hop on R.
- 9-16 In 8 running steps turn CW around partner, beginning with L. R hands on ptr's L waist, L arms raised above shoulder level. Finish facing each other with boy's back to center.

- 17-20 Partners join R hands at waist level. Basic Step to the L side. Both begin with L and go to own L. On ct 20, both hop on L.
- 21-24 Change hands. Repeat 17-20, this time to the R beginning with R.
- 25-32 Repeat cts 9-16, once.