

MECHOL HASHABAT

Israeli Circle Dance

Translation: Sabbath Dance
Dance: Ya'akov Levy
Record: Dances in the Garden of Eden YE-1001
Song: Ki Eshmeran
Basic Step: Sway, Walk
Formation: Circle in a simple hold
Meter: 2/4

<u>Measure</u>	<u>Counts</u>	<u>Description</u>
<u>Part A</u>		
1	1-2	2 sways: R,L
2	1-2	Touch R over L and hold
3	1-2	Touch R to R and hold
4	1	Cross R over L
	2	Step L in place
5	1	Step R to R
	2	Cross L over R
6	1-2	Step R to R and hold
7	1-2	Close L to R and hold
8-28		Repeat meas. 1-7, Part A 3 more times

<u>Part B- no hand hold</u>		
		- at shoulder height
1	1-2	Step R to R and hold while snapping fingers
2	1-2	Step L to L and hold while snapping fingers
3	1	Sway side with R
	2	Sway side with L
4	1-2	Step R forward while turning $\frac{1}{2}$ way around CCW
5	1-2	Step with L while turning half way around (CCW)
6	1-2	Close R to L and hold
7	1-2	Snap fingers and hold, bending knees on ct. 1
8-14		Repeat meas. 1-7, Part B Note: At the end, end up facing center to start dance from beginning

Presented by Ya'akov Eden

Note: In this music there is a musical interlude, so take the 1st part 2 extra times, a total of 6 times.