

MECHOL OVADIA

Formation: Line dance, face center, join hands close to body and move to right side, following the leader.

- CHORUS
- 1 Step on R to right side
 - 2 Bend right knee
 - 3 Step on L to left side
 - 4 Bend left knee
 - 5 Tap with R in front
 - 6 Tap with R behind
 - 7 Tap R next to L
 - 8 Repeat 7
 - 9-32 Repeat 1-8 three more times

PART ONE

- 1 Step on R to right side
- 2 Hold
- 3 L crosses behind R
- 4 Hold
- 5 R crosses to L
- 6 Hold
- 7 Jump on both feet
- 8 Hop on L
- 9-32 Repeat 1-8 three more times

REPEAT CHORUS
PART TWO

- 1 Face cc, step on R fwd
- 2 Bend right knee
- 3 Step on L fwd
- 4 Bend left knee
- 5-6 Run fwd R,L
- 7 Jump on both feet
- 8 Hop on L
- 9-32 Repeat 1-8 three more times

REPEAT CHORUS

- PART THREE
- 1-6 Repeat 1-6 of PART ONE
 - 7 Jump on both feet, turn hips and feet to left
 - 8 Face center and hop on left
 - 9-32 Repeat 1-8 three more times



MECHOL OVADIA

Mi ola min hasade
 Al rosha hatene
 Vesala pri gan male
 Umzamer hateneh
 Admata broochat yevoal
 La natna kol ele
 Shiru la vechooloo choal
 Shiru la kol ele.

Who comes from the field
 With basket on her head -
 A basket full of garden fruit
 Which sings with every step?
 Oh, blessed and abundant soil
 Has given forth her yield.
 Dance as you are borne aloft,
 Sing your thanks to fruitful fields.

Music: Ovadia
 Lyrics: E. Zamir
 Arrangement by Dov Seltzer