

Mechol Ovadya

FORMATION: Open circle, leader at right.

STARTING POSITION: Hands joined with arms extended straight downward, right foot free.

MEASURES

- CHORUS 1 STEP SIDWARD RIGHT on Right foot (count 1), DRAW LEFT FOOT TO RIGHT, without transferring weight, and BEND BOTH KNEES (2), STEP SIDWARD LEFT on Left foot (3), DRAW RIGHT FOOT TO LEFT, without transferring weight, and BEND BOTH KNEES (4).
2 TAP the ball of the Right foot FORWARD (1), IN BACK (2), and twice in place next to Left foot (3, 4). Bend left knee with each tap.
1-8 ENTIRE PATTERN OF MEASURES 1-2, done FOUR TIMES.

- FIGURE I 1 STEP SIDWARD RIGHT on Right foot (1), Bend and STRAIGHTEN RIGHT KNEE (2), CROSS AND STEP ON LEFT FOOT in back of Right (3), BEND AND STRAIGHTEN LEFT KNEE (4).
2 STEP ON RIGHT FOOT beside Left (1), BEND AND STRAIGHTEN BOTH KNEES (2), JUMP lightly on both feet (3), HOP ON Left foot bending Right knee and raising Right foot in back at ankle level (4).
1-8 ENTIRE PATTERN OF MEASURES 1-2 done FOUR TIMES progressing to right.
1-8 REPEAT CHORUS.

- All face right, keeping hands joined.
FIGURE II 1 STEP FORWARD ON RIGHT FOOT (1), BEND AND STRAIGHTEN RIGHT KNEE (2), STEP FORWARD ON LEFT FOOT (3), BEND AND STRAIGHTEN LEFT KNEE (4),
2 TWO RUNNING STEPS FORWARD, Right (1), Left (2), JUMP lightly on both feet (3), Hop on Left foot bending Right knee and raising Right foot in back at ankle level (4).
1-8 ENTIRE PATTERN OF MEASURES 1-2, done FOUR TIMES. Finish facing front in original starting position.
1-8 REPEAT CHORUS.

- FIGURE III 1 REPEAT MEASURE 1 of FIGURE I.
2 STEP ON RIGHT FOOT beside Left (1), BEND AND STRAIGHTEN BOTH KNEES (2), JUMP lightly on both feet, turning one-quarter turn to right (3), HOP on Left foot, turning one-quarter to left to face front again, bending Right knee and raising Right foot in back at ankle level (4).
1-8 ENTIRE PATTERN OF MEASURES 1-2, done FOUR TIMES, progressing right.
1-8 REPEAT CHORUS