

MIT YITNEINI OHF

(Israel)

Pronunciation: Me- Yit'neni Ohf

Translation: Would that I were a bird.

Dance: Yoav Oshriel

Music: Bucharien

Teacher: Dani Dassa

Formation: Single circle, hnds joined, elbows slightly bent; no ptrs.

Record: Tikva T-117; Side 2, Band

THE DANCE.

Measures	Steps
1 - 4	Introduction
	<u>FIGURE I</u>
1	Step R to R
2	Brush L over R in frt (bend & lift L leg high)
3	Rise up on R toe
4	Hold
5 - 7	Yen L
8	1/4 turn to L side (keeping wt on L ft), facing CW
9	R fwd
10	Rise on R toe
11	L bwd while at the same turning 1/4 turn R, facing c of circle
12	R to R side
13	L crosses in frt of R
14 - 15	Repeat 12 - 13
16	Pause
17 - 32	Repeat 1 - 16.
	<u>FIGURE II</u>
1	R fwd, facing CW
2	Brush L fwd
3 - 4	2 hops on R while turning 1/2 turn to R, facing CCW
5 - 7	3 steps fwd, LRL
8	1/2 turn to L side (wt still on L ft), facing CW
9 - 16	Rept 1 - 8. On last step face ctr of circle.
17	R fwd
18	Step fwd on L

<u>Meas.</u>	<u>Steps</u>
19	R fwd; L ft remains on floor, wt on both ft, knees bent to squatting pos.
20	Pause
21 - 23	Rise; 3 steps bwd, IRL
24	¼ turn to L side (wt still on L ft), facing CW.
25 - 48	Rept 1 - 24. On last ct end by facing ctr of circle. Stand erect, head slightly down.

Federation Institute
Sprtsman's Park, Los Angeles
Saturday, February 10, 1968
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