

MITZVA TANZ (Dance of Joy)

Dance: Yoav Ashriel
Music: Chassidic

Formation: Couples in a circle. Face CCW, girl in front of man, all join hands. Both move with the same foot.

PART ONE

- 1 : 2 steps fwd RL
- 2 : R fwd
- 3-4 : Reverse 1-2, start L fwd
- 5-8 : Repeat 1-4
- 9-11 : Face center. 3 steps fwd RLR
- 12 : Kick L fwd
- 13-16 : Reverse 9-12, start L bwd

PART TWO

- 1-4 : Partners release hands and face each other. Man faces CCW, girl CW. Three steps to right side RLR, arms up, snap fingers on count 4
 - 5-8 : Reverse 1-4, start L to left side.
 - 9-16 : 8 steps around each other, start R. Pass right shoulders on first 4 steps and left shoulders on second four steps (dos-i-do)
 - 17-24 : Repeat 1-8
 - 25-26 : Partners face each other and join right hands.
Balance R fwd
 - 27-28 : Balance L bwd
 - 29-32 : Left right arms. Man four steps in place RLRL.
Girl, half turn to right side under the man's arm, 4 steps, RLRL. Ends up behind partner. Release hands and start the dance with new partner.
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