

# Mizrach Ma'arav - Israel

Choreographed by Nir Dor

Line dance. Meter 2/4

## Measure Count Step

### Part I

- |      |     |  |
|------|-----|--|
| 1    | 1   | Facing and moving in LOD, step forward on R foot (1), close L foot to R foot while kicking R foot forward (&).   |
|      | 2   | Repeat counts 1& (2&).   |
| 2    | 1-2 | Step forward on R foot (1), stamp L foot next to R foot (&), stamp L foot again (2).   |
| 3    | 1-2 | Step back on L foot (1), hop on L foot (&), step back on R foot (2), step forward on L foot (&)  |
| 4    |     | Repeat measure 1.  |
| 5    | 1-2 | Step forward on R foot (1), touch L foot forward (2).  |
| 6    | 1-2 | Step back on L foot (1), step back on R foot (&), step back on L foot (2).   |
| 7    | 1-2 | Step on R foot to L (1), step slightly back on L foot (&), step on R foot across L foot (2). While doing these three steps, start to turn to L.                |
| 8    |     | Repeat measure 7 with opposite footwork. During this measure, finish the turn and end up facing center. (The two measures together will be a 1 1/4 turn to L). |
| 9-14 |     | Repeat measures 1-6 facing center and moving in and out of circle.   |
| 15   |     | Repeat measure 14 with opposite footwork..   |
| 16   | 1-2 | Do a three-step turn to L starting with L foot (1&2).  |

### Part II

- |   |     |  |
|---|-----|--|
| 1 | 1-2 | Step slightly to R on R foot (1), hop on R foot (2), hop on R foot again (&). During the two hops, make 3/4 turn to L, to end up facing LOD. |
| 2 | 1-2 | Step forward on L foot (1), close R foot to L foot, (&), step forward on L foot (2).   |
| 3 | 1-2 | Step forward on R foot (1), touch L foot forward (2).  |
| 4 | 1-2 | Step back on L foot (1), close R foot to L foot (&), Step forward on R foot (2).   |
| 5 | 1-2 | Step on R foot next to and on the L side of the L foot (1), chug back on R foot (2), chug back on R foot again.(&).                          |

*cont...*

- 6 Repeat measure 4.
- 7 1-2 Step on R foot to L (1), step slightly back on L foot (&), step on R foot across L foot (2). While doing these three steps, start to turn to L.
- 8 1-2 Repeat measure 7 with opposite footwork. During this measure, finish the turn and end up facing center. (The two measures together will be a 1 1/4 turn to L).
- 9-16 Repeat measures 1-8.

### Transition

- 1 1-2 Facing center, step on R foot to R (1), bounce (&), step on L foot behind R foot (2), bounce (&).
- 2 1-2 Facing center, step on R foot to R (1), bounce (&), step on L foot in front of R foot (2), bounce (&).

### Part III

- 1 1-2 Facing center, kick R foot slightly forward (1), step forward on R foot (&), kick L foot slightly forward (2), step forward on L foot (&).
- 2 1-2 Step on R foot to R (1), stamp L foot next to R foot (&), step on L foot to L (2), stamp R foot next to L foot (&)
- 3 1-2 Step back on R foot (1), step forward on L foot (&), step forward on R foot (2), close L foot to R foot while kicking R foot forward (&).
- 4 1-2 Run forward on R foot (1), run forward on L foot (&), run forward on R (2). During these three running steps, the opposite knee should be lifted sharply.
- 5 1-2 Run backwards on L foot (1), run backwards on R foot (&), run backwards on L foot and sharply lift R leg with knee bent (2). The knees should be lifted as in measure 4.
- 6 Repeat measure 5 with opposite footwork.
- 7 1-2 Step to L on L foot (1), step slightly back on R foot and pivot 1/2 turn to R to end facing out (&), step on L foot next to R foot (2).
- 8 1-2 Step back on R foot (1), step forward on L foot (&), stamp R foot next to L foot (2).
- 9-16 Repeat measures 1-8 facing out of circle. After pivot you will again be facing center. On the stamp turn R to face LOD.

The entire dance is done two times. At the end of the second time, keep facing center, then repeat Part III, measures 1-6.

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