

Yedid Nefesh

(Israel)

Yedid Nefesh (YEH-deed NEH-fesh) was choreographed by Jonaton Gabai in the mid 1970’s.

RECORD:

"Back From Israel", Hadarim LP-8 (33) Side A/6;
"Israeli Folk Dances", Hataklit MM30922, Vol 3 (33) Side B/1;
Worldtone WT 10021 (45) Side A.

3/4 meter

FORMATION: Circle, facing LOD (CCW), hands joined in "V" position.

STEPS and
STYLING:

Waltz*,
Waltz Balance: Facing ctr, lift on L in preparation and take a broad step on R to R side (ct 1); step on L ball of ft behind R, bending knees (ct 2); step on R in place (ct 3). Step alternates. Style is smooth and flowing.

* Described in *Steps and Styling*, published by the Folk Dance Federation of California, Inc.

MUSIC	3/4 meter	PATTERN
Measures		
4 meas	<u>INTRODUCTION</u> No action.	
	I. <u>TRAVELING IN LOD</u>	
1	Beg R, dance one waltz step fwd in LOD.	
2	Beg L and turning 1/2 CCW (ct 1), dance one waltz step bkwd in LOD.	
3	Beg R, dance one waltz step bkwd in LOD.	
4	Beg L and turning 1/2 CW (ct 1), dance one waltz step fwd in LOD.	
5-8	Repeat meas 1-4.	
	II. <u>CHORUS: IN AND OUT</u>	
1	Turning to face ctr and beg R, dance one waltz step fwd, joined hands swinging fwd (low).	
2	Dance one waltz step bkwd, joined hands swinging back to sides.	
3	Releasing hands, take one waltz step toward ctr, turning 1/2 CW to end facing out.	
4	Dance one waltz step bkwd, rejoining hands.	
5-8	Facing out, repeat meas 1-4, moving away from ctr.	
	III. <u>TRAVELING TURN</u>	
1-2	Turning to face LOD and beg on R, dance two waltz steps fwd.	
3	Continuing to travel fwd in LOD, dance one waltz step, making one full turn CW.	
4	Facing LOD, step fwd on L (ct 1); step bkwd on R (ct 2); step on L beside R (ct 3).	
5-8	Repeat meas 1-4.	

IV. CHORUS: IN AND OUT

1-8 Repeat Fig. II.

V. WALTZ BALANCE

1-2 Turning to face ctr, dance a Waltz Balance step to the R and to the L.
3 Step toward ctr on R ball of ft (ct 1); touch ball of L beside R (no wt) (ct 2), hands swinging naturally fwd about waist height; hold (ct 3).
4 Beg L, dance one waltz step bkwd, hands returning to "V" pos.
5-8 Repeat meas 1-4.

VI. CHORUS: IN AND OUT

1-8 Repeat Fig. II.

VII. WALTZ BALANCE

1-8 Repeat Fig. V.

Repeat entire dance from beginning one or two times depending on the music.