

YEDID NEFESH

Formation : Circle dance
hands held down

Dance : Moshe Eskayo
Music : Ehud & Sara Zweig

- Meas**
- Part 1**
- 1-2 2 Waltz steps to R CCW
3 Step RLR
4 Step L, step R, face center, L to Left
5-6 Repeat 1-2 reverse direction (not footwork)
7 RLR continuing left
8 Step L, Balance R & L, facing center
- Part 2**
- 1 1 waltz step R toward center
2 Brush left fwd and around, step back on L
3 Waltz fwd R
4 Balance facing center, L R L
5-6 2 Waltz steps in bkws out of center
7 Bounce in place 3x
8 Bounce once more, step R to right, step L in place
- Part 3**
- 1-2 2 waltz turns to R, CCW
3 Step R to R, L over R with wt, bk on R(R,L,R)
4 Step L to L, brush Rt to L in front of R & then charkessiya to L.
5-8 Repeat meas 1-4
- Part 4**
- 1 One waltz step to ctr with R ft
2 Brush L & step with L behind Rt.
3 Reverse meas 2
4 One waltz step fwd with L
5-6 2 Waltz steps bkwd with R
7 Bounce 3X w. ft together
8 Bounce 1 more time and balance R-L
- REPEAT** Parts 3 & 4 to complete the dance

BEFAT HAKPAR

Dance: Moshe Eskayo
Music: Emanuel Zamir

Formation: Debka(line), hands held down

- Counts**
- Part I**
- 1 Jump on both ft (slightly separated)
2 Hold on R, at the same time bring L up bent fwd & place it in front of R(wt on L)
3 R heel to the R
4 Step R behind L
5 Step L to L
6 Close R to L
7-12 Repeat 1-6
13-15 3 hops on R turning to R(L extended behind R)
16 Hop on L(R behind slightly bent off the floor)
17-19 Repeat 13-15
20 Jump on both ft together
21-22 Moving L, R in front of L, step RLR
23-24 Jump onto L, stamp R beside L
25-47 Repeat 1-24
- Part II**
- 1 Bounce step R to R
2 Cross L in front of R
3 Step R in place
4 Step L to L
5 Cross R in front of L
6-7 2 jumps (ft slightly separated) travelling L
8-12 Repeat 1-5
13-14 2 jumps in place(ft slightly separated)
15-21 Repeat 1-7
22-28 Repeat 1-5, 13-14