

BA LA

Israel

Translation: She comes

Pronunciation: bah LAH

Dance: Meir Shem-Tov

Music:

Formation: Couples mixer.

Note: After the 1st time through the dance, the M moves on to the W in front at the start of each repeat of the dance.

METER: 4/4

PATTERN

Cts.

INTRODUCTION:

PART I – Face CCW with W to R of M and hands joined. Footwork is opp. for M & W unless noted.

1-2 Step L fwd, R fwd.

3&4 L-tog-L fwd.

5-8 Rpt. 1-4 with opp. footwork.

9-10 Sway L,R

11&12 Change places with partner, M passes in front under joined inside hands.
Step L across R; R to R; L across R.

13-16 Join new inside hands and repeat 9-12 with opp. footwork and direction and with W passing in front of M under joined hands.

17-18 Release hands and face partner. Rock fwd onto L, touching M's L hand to W's R hand (palm to palm); rock bwd onto R.

19&20 1/2 turn to L with L,R,L moving away from partner (M to center, W out).

21-24 Rpt. 17-20 with opp. footwork and directions to return to partner.

25-26 Rpt 17-18

27-28 Face CCW. Lean L to L, R in place.

29-32 Full turn to R with L-tog-L and R-tog-R moving slightly fwd along line of circle, turning face to face with partner under joined inside hands. Man then moves fwd to the next woman in front for the next repeat of the dance.

Instructions notated Roberto Haddon
Courtesy of Keff 2000

Presented by Yoni Carr
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