Presented by Dani Dassa

"Daughter of Mount Carmel" BAT HACARMEL (Israel)

MUSIC:

"Folk Dance in Israel Today," Collectora Guild, CG-638, Side 1, Band 5.

FORMATION:

Couples in a circle, Man with his back to the center and facing Woman of HAND Right hands are held, Left arm TO JCHING Music is in 4/4 time.

THE DANCE

Meas. 1-2 Introduction FIGURE I Step on Right to Right (ct. 1). Step on Left 1 District (ct. 2). Touch Right heel (ct. 3). Hop on Left foot (ct. 4). Ptrs change places with 4 walking steps, moving CW - R, L, R, L (cts. 1-4).

Ptrs circle CW, facing each other until Man faces LOD, and Woman faces 2 3 RLOD. With small steps, step on Right in front of Left (ct. 1), step on Left to Left (ct. 2), repeat steps (cts. 3-4). On the 4th step Woman pivots CW on Left so that now both Man and Woman face LOD. Man and Woman step backward on Right foot (ct. 1). Woman 4 steps slightly to Left and Man steps slightly forward on Left (ct. 2). Both close Right foot to Left (ct. 3) and hold (ct. 4). Finish in dance position as shown in illustration facing in LOD. FIGURE II Repeat Fig. 1, Meas. 1, cts. 1-4. Walk 4 steps forward in LOD - R, L, R, L (cts. 1-4). Couples turn CCW to face out of circle - R, L, R, L, (cts. 1-Man turns almost in place, Woman moves in a larger circle. Release hands. Man steps on Right The the place IN FRONT OF (ct. 1), steps on Left to Left (ct. 2), closes Right to Left (ct. 3), holds (ct. 4), to finish with back toward center. Woman continues her circle with: step forward on Right (ct. 1), step backward on Left turning to face center of circle (ct. 2), close Right to Left (ct. 3), and hold (ct. 4). On last ct ptrs are facing, hands are held as in illustration ATR (OPTIONAL) FIGURE III Men steps on Left to Left in LOD (cts. 1-2). Joined hands and arms are 9 held apart. Man steps on Right in front of Left (cts. 3-4). Joined hands and arms are brought together in front and between ptrs. Arms are bent and elbows lead in closing. Woman also moves in LOD with

opposite footwork. Repeat action of meas. 9, cts. 1-4. 10 11

Man starts to circle CCW - L, R (cts. 1-4). Woman starts a CW circle

continued . -.

Meas.

11 (cont'd) with opposite footwork (cts. 1-4).

Man finishes circle by stepping on Left (cts. 1-2), closing Right to Left without taking weight (cts. 3-4). Woman finishes her circle with opposite footwork (cts. 1-4). Hands are once again held as in meas. 9.

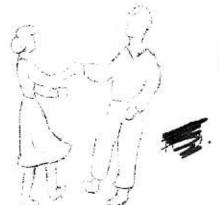
13-16

Repeat actions of meas. 9-12 in RLOD with opposite footwork. In last ct. hands are held as in beginning of dance. Illustration # BECOW.

Repeat dance three more times. (4 times in all)

Taught by Dani Dassa.

Federation Institute February 12, 1966



Final, as well as starting position of dance.