

BELEV ECHAD

(Israeli Line Dance)

SOURCE: Yo'av Ashrilel

TRANSLATION: With one Heart

MUSIC: Israeli Folk Dances: Old Favorites YEDI

FORMATION: Line in a simple hold (V position)

STYLE: The dance is a debka done flat-footed and very Middle Eastern in its style.

METER: 2/8 each 1/8 is 1 count

PATTERN

Meas Count

Part A (face LOD)

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|------|-----|---|
| 1 | 1-2 | Debka step R fwd |
| 2 | 1 | Step L fwd |
| | 2 | Hold |
| 3 | 1 | Step R fwd |
| | 2 | Stamp L beside R with bent knee |
| 4 | 1 | Step R fwd |
| | 2 | Hold |
| 5 | 1 | Touch L fwd |
| | 2 | Bend R knee |
| 6 | 1-2 | Repeat Cts. 1-2, Meas. 5, Part A, reverse direction |
| 7-8 | | Repeat meas. 3-4, Part A, opposite footwork |
| 9-32 | | Repeat meas. 1-8, Part A, three more times |

Part B, (Face center)

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|------|-----|---|
| 1 | 1 | Stamp R over L, leading with R shoulder |
| | 2 | Lift R while bending L knee |
| 2 | 1-2 | Repeat meas. 1, Part B |
| 3 | 1 | Stamp R to R |
| | 2 | Close L beside R |
| 4 | 1 | Stamp R to R |
| | 2 | Hold |
| 5 | 1 | Leap L to L |
| | 2 | Step R across L with bent knee |
| 6 | 1 | Stamp L behind R with bent knee while straightening R fwd |
| | 2 | Hold |
| 7 | 1-2 | Circle R to R and leap onto R |
| 8 | 1 | Close L beside R |
| | 2 | Hold |
| 9-32 | | Repeat meas, 1-8, Part B, three more times |

Part C

Note: measures 1-4 form a square

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|-------|---|--|
| 1 | 1 | Step R to R |
| | 2 | Bend R knee |
| 2 | 1 | Step L across R |
| | 2 | Bend L knee |
| 3 | 1 | Step R back |
| | | Bend R knee |
| 4 | 1 | Step L to L |
| | 2 | Bend L knee |
| 5-8 | | Repeat meas. 1-4, Part C |
| 9-10 | | Two-step R fwd toward center with stomps |
| 11 | 1 | Hop on R |
| | 2 | Step L across R while bending knees and body forward |
| 12 | 1 | Step R back in place |
| | 2 | Hold |
| 13-16 | | Repeat meas. 9-12, Part C, opposite footwork |
| 17-20 | | 4 steps with knee-bends back: R,L,R,L |
| 21-32 | | Repeat meas. 9-20, Part C |

Part D

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|------|---|------------------------------------|
| 1 | 1 | Stamp R to R |
| | 2 | Hold |
| 2 | 1 | Hop on R and extend L foot fwd |
| | 2 | Hold |
| 3 | 1 | Hold on R and extend L foot bkwd |
| | 2 | Hold |
| 4 | 1 | Stamp L across R while bending fwd |
| | 2 | Stamp R to R |
| 5 | 1 | Stamp L across R while bending fwd |
| | 2 | Hold |
| 6 | 1 | Stamp R to R, body up |
| | 2 | Close L beside R |
| 7 | 1 | Stamp R to R |
| | 2 | Hold |
| 8 | 1 | Step L behind R |
| | 2 | Hold |
| 9-16 | | Repeat meas, 1-8, Part D |

Interlude

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|-----|---|-------------------|
| 1 | 1 | Step R to R |
| | 2 | Bend R knee |
| 2 | 1 | Close L beside R |
| | 2 | Bend L knee |
| 3-4 | | Repeat meas, 1-2, |

Part E

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|------|--|-----------------------------|
| 1-20 | | Repeat Part D and Interlude |
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