

BELEV ECHAD
Line Dance

The dance is a debka done flat footed and very Middle Eastern in its style.
Translation: With One Heart
Dance: Yoav Ashriel
Meter: 2/8, each 1/8 is counted as 1 count
Formation: Line in a simple hold

<u>Measures</u>	<u>Counts</u>	<u>Description</u>
		<u>Part A - (face LOD)</u>
1	1-2	Debka step R fwd.
2	1	Step L fwd.
	2	Hold
3	1	Step R fwd.
	2	Stamp L beside R w/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, reverse footwork
9-32		Repeat Meas. 1-8, Part A, 3 more times

		<u>Part B - (face center)</u>
1	1	Stamp R over L, leading w/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	Cross R over L w/bent knee
6	1	Stamp L behind R w/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, 3 more times

		<u>Part C</u>
1	1	Step R to R
	2	Bend R knee
2	1	Cross L over R
	2	Bend L knee
3	1	Step R back
	2	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 w/stamps
11	1	Hop on R
	2	Cross L over R while bending knees and body forward
12	1	Step R back in place
	2	Hold
13-16		Repeat Meas. 9-12, Part C, reverse footwork
17-20		4 Steps w/ knee bends back - R, L, R, L
21-32		Repeat Meas. 9-20, Part C



(contid.)

BELEV ECHAD (continued)

<u>Measures</u>	<u>Counts</u>	<u>Description</u>
		<u>Part D</u>
1	1	Stamp R to R
	2	hold
2	1	hop on R
	2	Extend L fwd.
3	1	hop on R
	2	Extend L back
4	1	Stamp L over R while bending fwd.
	2	Stamp R to R
5	1	Stamp L over 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	Cross L behind R
	2	Hold
9-16		Repeat Meas. 1-8, Part D

		<u>Interlude</u>
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, Interlude

		<u>Part E</u>
1-20		Repeat Part D and Interlude

