

# Belev Echad

(Israeli Line Dance)

**The dance is a Debka done flat-footed and very Middle Eastern in its style.**

**Choreographer:** Yo'av Ashrilel  
**Translation:** With one Heart  
**Music:** Israeli Folk Dance Favorites YED 2  
**Formation:** Short Lines, Line of Dance - Counter Clockwise  
**Position:** Simple Hold  
**Meter:** 2/8, each 1/8 is counted as 1 count

<u>Meas.</u>	<u>Cts.</u>	<u>Dance Description</u>
<b><u>Part A (Face Line of Dance)</u></b>		
1	1-2	<b>DEBKA STEP</b> Right forward
2	1	<b>STEP</b> Left forward
	2	<b>HOLD</b>
3	1	<b>STEP</b> Right forward
	2	<b>STAMP</b> Left beside Right with <b>BENT</b> knee
4	1	<b>STEP</b> Right forward
	2	<b>HOLD</b>
5	1	<b>TOUCH</b> Left forward
	2	<b>BEND</b> Right knee
6	1-2	Repeat Counts 1-2, Measure 5, Part A. Reverse direction
7-8		Repeat Measures 3-4, Part A. Reverse footwork
9-32		Repeat Measures 1-8, Part A, three more times
<b><u>Part B, (Face Center)</u></b>		
1	1	<b>STAMP</b> Right over Left, leading with Right shoulder
	2	<b>LIFT</b> Right while <b>BENDING</b> Left knee
2	1-2	Repeat Measure 1, Part B
3	1	<b>STAMP</b> Right to Right
	2	<b>STEP</b> Left beside Right
4	1	<b>STAMP</b> Right to Right
	2	<b>HOLD</b>
5	1	<b>LEAP</b> Left to Left
	2	<b>STEP</b> Right across Left with <b>BENT</b> knee
6	1	<b>STAMP</b> Left behind Right with <b>BENT</b> knee while <b>STRAIGHTENING</b> Right forward
	2	<b>HOLD</b>
7	1-2	<b>CIRCLE</b> Right to Right and <b>LEAP</b> onto Right
8	1	<b>STEP</b> Left beside Right
	2	<b>HOLD</b>
9-32		Repeat Measures 1-8, Part B, three more times
<b><u>Part C (Face Center)</u></b>		
<b>Note:</b> Measures 1-4 form a square		
1	1	<b>STEP</b> Right to Right
	2	<b>BEND</b> Right knee

**Belev Echad continued on next page**

## Belev Echad continued

<u>Meas.</u>	<u>Cts.</u>	<u>Dance Description</u>
2	1	<b>STEP</b> Left across Right
	2	<b>BEND</b> Left knee
3	1	<b>STEP</b> Right back
		<b>BEND</b> Right knee
4	1	<b>STEP</b> Left to Left
	2	<b>BEND</b> Left knee
5-8		Repeat Meas. 1-4, Part C
9-10		<b>TWO-STEP</b> Right forward toward center with <b>STAMPS</b>
11	1	<b>HOP</b> on Right
	2	<b>STEP</b> Left across Right while <b>BENDING</b> knees and body forward
12	1	<b>STEP</b> Right back in place
	2	<b>HOLD</b>
13-16		Repeat Measures 9-12, Part C. Reverse footwork
17-20		4 <b>STEPS</b> back with <b>KNEE-BENDS</b> : Right, Left, Right, Left
21-32		Repeat Measures. 9-20, Part C

### Part D (Face Line of Dance)

1	1	<b>STAMP</b> R to R
	2	<b>HOLD</b>
2	1	<b>HOP</b> on Right and <b>EXTEND</b> Left foot forward
	2	<b>HOLD</b>
3	1	<b>HOLD</b> on Right and <b>EXTEND</b> Left foot back
	2	<b>HOLD</b>
4	1	<b>STAMP</b> Left across Right while <b>BENDING</b> forward
	2	<b>STAMP</b> Right to Right
5	1	<b>STAMP</b> Left across Right while <b>BENDING</b> forward
	2	<b>HOLD</b>
6	1	<b>STAMP</b> Right to Right, body <b>STRAIGHTENS</b> up
	2	<b>STEP</b> Left beside Right
7	1	<b>STAMP</b> Right to Right
	2	<b>HOLD</b>
8	1	<b>STEP</b> Left behind Right
	2	<b>HOLD</b>
9-16		Repeat Measures 1-8, Part D

### Interlude (Face Center)

1	1	<b>STEP</b> Right to Right
	2	<b>BEND</b> Right knee
2	1	<b>STEP</b> Left beside Right
	2	<b>BEND</b> Left knee
3-4		Repeat Measures 1-2, Interlude

### Part E

1-20		Repeat Part D and Interlude
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## Dance notes by Ya'akov Eden