

BESDOT BET - LECHEM

Israeli Couple Dance

Translation: In the fields of Bethlehem
 Dance: Eliyahu Gamli'el
 Record: Dances in the Garden of Eden YE - 1001
 Basic Steps: Walk, Yemenite, Two-step
 Formation: Couples in a simple hold, W on M's R, facing LOD, CCW
 Meter: 4/4
 Note- Steps are described for M, W do opposite

Measure Count Description

Begin after 10-count introduction.

PART A - simple hold

1	1-4	4 steps: L,R,L,R in LOD
2	1-3	Yemenite step L (changing hands on 1st step)
	4	Pivot on L to face LOD, lifting R and joining inside hands, bringing them under and up in front of joined outside hands.
3	1-3	3 steps forward: R,L,R
	4	Brush L fwd
4	1-2	2 steps back
	3	Step L to L with bent knee, letting go of outside hands (Men's L, Women's R)
	4	Step R to R with bent knee
5-8		Repeat measures 1-4, Part A; moving into Varsouvienne position on last step (measure 4, count 4)

PART B - Varsouvienne position

1	1-4	2 fast two-steps: L, R, in LOD
2	1-4	2 fast two-steps: L, R, in LOD, while lady turns CW without letting go of hands
3	1-4	4 steps: L,R, L,R, turning individually CCW (away from partner)
4	1-4	4 steps: L,R,L,R, to meet with partner in a back basket hold (R shoulders adjacent)
5	1-2	2 steps: L,R, CW; Man lets go of R hand and turns complete turn CCW in 2 steps L,R, while lady lets go of L hand and turns half-way in 2 steps, returning to original position.
6-10		Repeat measures 1-5, Part B Note- At the end of measure 10, end in a simple hold to begin dance from beginning.

Presented by Ya'akov Eden