

BIMDINAT HAGAMADIM
(Israel)

Pronunciation: BEEM-dee-NAHT hah-gah-mah-DEEM

Translation: In the Land of the Dwarfs

Choreographer: Bentzi Tiram

Record: Israeli Folk Dances Tiram Tape 1986 4/4 meter

Formation: Couples in a circle.

Counts

Pattern

PART A

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|-------|--|
| 1-4 | Three steps fwd in LOD, R,L,R, kick with L. |
| 5-8 | Three steps bkwd (moving RLOD) L,R,L, kick with R. |
| 9-12 | Three steps while turning alone CW, clap hands. |
| 13-16 | Repeat cts 9-12, reversing ftwk and direction.
End facing LOD with hands crossed. |
| 17-20 | Heel toe with R twice. |
| 21-24 | Gallop 4 times with R to R. |
| 25-32 | Repeat cts 17-24, reversing ftwk and direction. |

PART B (Facing partner)

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|-------|--|
| 1-2 | Clap your own hands, clap R hand with ptr. |
| 3-4 | Clap your own hands, clap L hand with ptr. |
| 5-6 | Clap your own hands, clap both hands with ptr. |
| 7-8 | Clap both hands on your flanks |
| 9-16 | Hook R elbows and skip 8 steps while turning CW a full turn. |
| 17-32 | Repeat cts 1-16. |

Presented by Bentzi Tiram