

BONA HABANOT

(COME HERE, MAIDENS)

Israel

Learned in Israel by Millie Libaw. Presented at Folk Dance Camp, Stockton, Calif., 1955, by Vyts Beliajus.

MUSIC: Record: ASP 1-A.

FORMATION: Cpls facing CCW, inside shoulders almost touching. Throughout the dance, inside hands joined and bent fwd waist high with W arm resting over M arm; outside arms are raised head high in front of body and bent at elbow, thumb and adjacent finger touching to form the shape of a nut; the other three fingers extended upward.

STEPS: Walk*, Yemenite three-step. Steps described for M: W dances counterpart.

MUSIC 4/4	PATTERN
1-4	INTRODUCTION
A	I. FORWARD AND SWAY
1	Step fwd on (inside) R ft (ct 1), flex R knee (ct 2), step fwd L (ct 3), flex L knee (ct 4).
2	Step fwd R (ct 1), flex R knee (ct 2), low leap onto L ft in place, moving slightly twd ptr (ct 3), step R across in front of L, R heel fwd and R toe pointing twd R (ct 4). (End facing ptr with backs of free hands almost touching.)
3	Balance-sway (away from ptr) sdwd L (cts 1, 2), balance-sway (twd ptr) sdwd R (cts 3, 4).
4	Step sdwd L (ct 1), step R in place (ct 2), step L across in front of R ft (ct 3), hold (ct 4). (Yemenite three-step.)
1-4	Note: On meas 4, ptrs again come close together as at beginning of dance. Repeat action Fig. I, meas 1-4.
B	II. BACK TO BACK AND FACE TO FACE
5	Ptrs moving back to back and slightly fwd in LOD, step R (inside) ft swd in LOD (ct 1), close L to R (ct 2), step R sdwd in LOD (ct 3) (during cts 1, 2, 3, ptrs look at each other over M L, W R shoulder). Wt still on M R, W L, pivot 1/2 turn to face ptr (ct 4) (pivot is twd ptr: M, CW; W, CCW).
6	Step L (outside) ft sdwd in LOD (ct 1), step R in place (ct 2), step L across in front of R ft, free hand curved in twd ptr, elbows almost touching (ct 3), hold (ct 4). (Yemenite three-step.)
7	Still facing ptr, step R (inside) ft sdwd in RLOD (ct 1), step L in place (ct 2), step R across in front of L ft fwd in LOD, at the same time turning to face LOD (ct 3), hold (ct 4). (Yemenite three-step.)
8	Step L directly to L side (ct 1), step R in place (ct 2), step L across in front of R ft (ct 3), hold (ct 4). (Yemenite three-step.)
9-12	Repeat action Fig. II, meas 5-8. Repeat dance from beginning. Dance is done five times to record.