

1961 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Dani Dassa
Notes by Marion Wilson

BONA HABANOT

(Israel)

An Israeli couple dance.

MUSIC: Record: Folkways LP, FW-935

FORMATION: Cpls facing CCW in a circle, W to R of M, inside hands held with ptr.

STEPS: Walk: Step fwd (ct 1); flex knee of supporting ft (ct &); rpt with opposite ft.

Yemenite: Step swd to L flat on L knee slightly bent (ct 1); step on ball of R behind L, (ct &); step flat on L across in front of R (ct 2); straighten knees (ct &).

There is a "down-up-down" motion to this step. Ft work described for M; W use opposite ft work.

Music 2/4

Pattern

Meas.

- | | |
|-----|--|
| A | I. |
| 1 | Beginning L, walk two steps in LOD. |
| 2 | Step on L to face ptr (ct 1); step on R in place (ct &); walk L fwd in LOD (ct 2 &). |
| 3 | Walk R, L in LOD. |
| 4 | Step bwd on R (ct 1); step fwd on L (ct &); walk fwd on R (ct 2 &). |
| 5-8 | Repeat above action Fig. I, meas. 1-4. |
| B. | II. |
| 9 | Facing ptr, both hands joined straight across, step-flex swd to L (ct 1 &); step-flex swd to R (ct 2 &). |
| 10 | Dance one Yemenite step to L, dropping M's R, W's L handhold. Both hands held |
| 11 | Repeat action meas. 9 (step-flex, step-flex), reversing ft work. |

Continued...

Bona Habanot

Meas.

II. (Cont'd)

- 12 Dance one Yemenite step to R, dropping M's L, W's R handhold.
- 13-16 Repeat above action Fig. II, meas. 9-12.
- Repeat dance from beginning.