

MECHOL HADVASH (Dance of Honey)

Dance: Moshiko  
Music: Neeman

FORMATION: Lines, face CCW, join hands.

PART ONE (All steps done low, with bent knee)

- 1-2. Step-chug\* R forward on whole foot, bending R knee slightly.
- 3-4. Step-chug L forward.
- 5-7. Three steps forward RLR and chug on R.
8. Hold.
- 9-16. Reverse 1-8 start L forward.
- 17-32. Repeat 1-16.

PART TWO (Change direction, move CW, face center)

- 1-2. R backward (bounce twice).
- 3-4. Face center, L sideward (bounce twice).
- 5-6. R crosses in front of L forward, slight stamp.
- 7-8. Small leap on L to L and extend R leg to side.
- 9-24. Repeat 1-8 twice more.

PART THREE

- 1-2. Hop on L, extend R in front to touch floor with ball of foot.
- 3-4. Leap on R, bending L up in front.
- 5-8. Reverse 1-4, hop on R.
- 9-24. Repeat 1-8 twice more.

PART FOUR

1. Hop L forward kicking R across, low.
2. Step on R across L.
- 3-4. Repeat 1-2 with opposite feet.
- 5-6. Fall on R foot across L bringing R shoulder to center and L foot (bent) pointing to R side (crossed behind R).
- 7-8. L backward, R foot extending to R side.
9. Jump on both, cross feet, R behind L.
10. Jump on both with feet apart.
- 11-12. Reverse 9-10.
- 13-16. Repeat 9-12.
- 17-32. Repeat 1-16.

(cont'd)

MECHOL HADVASH (cont'd)

PART FIVE (Bend body forward, arms extended forward at shoulder level. Join hands. Head is up. Steps are very bouncy).

1. R to R side.
2. L closes to R.
3. R to R side. On count 1-3 arms move backward as far as possible.
4. Hold
5. L crosses over R in front. Arms move forward.
6. Hold.
7. Close R to L and clap.
8. Hold.
- 9-24. Repeat 1-8 twice.

PART SIX (Steps very bouncy).

- 1-2. R to R side, arms backward.
- 3-4. L closes to R.
- 5-8. Reverse 1-4, arms move forward.
- 9-24. Repeat 1-8 twice more, but on counts 23-24 straighten body and face CCW to start dance over.

\* CHUG - Like a hop, except the foot doesn't leave the floor, but, instead, slides a short distance along it.

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