

MECHOL HASHABAT  
Israel

The name of the dance means "Sabbath Dance" while the name of the song is Ki Eshmeran. The dance was choreographed by Ya'akov Levy.

RECORD: Dances in the Garden of Eden, (LP) YE 1001

FORMATION: Closed circle with hands joined and down.

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METER: 2/4  
Meas.

PATTERN

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FIG. I

- 1 In slight stride pos, sway R,L.
- 2 Touch R across L (ct 1), hold (ct 2).
- 3 Touch R to R (ct 1), hold (ct 2).
- 4 Step R in front of L, leave L in place (ct 1), step on L in place (ct 2).
- 5 Step R to R (ct 1), step L in front of R (ct 2).
- 6 Step R to R (ct 1), hold (ct 2).
- 7 Close L to R (ct 1), hold (ct 2).
- 8-28 Repeat meas 1-7, three (3) more times.

FIG. II (No hand hold)

- 1 Step R to R, leave L in place (ct 1), snap fingers at shldr height (ct 2).
  - 2 Sway onto L (ct 1), snap fingers at shldr height (ct 2).
  - 3 Sway R,L.
  - 4 Step R fwd and turn 1/2 turn CCW (L) - L hand down, R hands begins to make an "S".
  - 5 Step on L and turn 1/2 turn CCW (L) - L hand down, R hand in middle of describing an "S".
  - 6 Close R to L - L hand down, R hand finishes "S" (ct 1), hold (ct 2).
  - 7 Snap fingers in front of chest (R over L) and bend knees (ct 1), hold (ct 2).
  - 8-14 Repeat meas 1-7
- NOTE: at end of Fig II, end up facing ctr of circle to start dance from beginning.

NOTE: In this music there is a musical interlude, so do Fig. I, two extra times, a total of 6 times.

Presented by Karen Codman

Camp Hess Kramer Institute, October 1976

This dance was presented at the 1976 Idyllwild Folk Dance Camp by Ya'akov Eden.