

MECHOL HASHABAT

Israeli Circle Dance

Translation: Sabbath Dance  
Dance: Ya'akov Levy  
Record: Dances In the Garden of Eden YE-1001  
Song: Ki Eshmeran  
Basic Step: Sway, Walk  
Formation: Circle in a simple hold  
Meter: 2/4

<u>Measure</u>	<u>Counts</u>	<u>Description</u>
<u>Part A</u>		
1	1-2	2 sways: R,L
2	1-2	Touch R over L and hold
3	1-2	Touch R to R and hold
4	1	Cross R over L
	2	Step L in place
5	1	Step R to R
	2	Cross L over R
6	1-2	Step R to R and hold
7	1-2	Close L to R and hold
8-28		Repeat meas. 1-7, Part A 3 more times

Part B- no hand hold

1	1-2	Step R to R and hold while snapping fingers
2	1-2	Step L to L and hold while snapping fingers
3	1	Sway back with R
	2	Sway forward with L
4	1-2	Step R forward while turning hips CCW
5	1-2	Step with L while turning half way around (CCW)
6	1-2	Close R to L and hold
7	1-2	Snap fingers and hold
8-14		Repeat meas. 1-7, Part B Note: At the end, end up facing center to start dance from beginning

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Mes. 1 . ct.1-2. Part B. : Add to the end-at shoulder height(ct. 2)  
Meas.3.ct.1:Replace word back with the word side  
Meas. 3.ct.2: Replace the word forward with the word side  
Meas.4.Cts. 1-2:Replace the word hips with the phrase 1/2way around  
Meas. 7. Cts. 1-2: add to the end-bending knees on ct.1.  
Add to the end of dance NOTE:In this music there is a musical interlude, so take the 1st part 2 extra times, a total of 6 times.