

MECHOL OVADYA (OVADYA'S DANCE) FOLKRAFT RECORD #1110-A
Dance: Yardena Cohen

Mechol Ovadya is based on a drum pattern. It is in oriental style.

FORMATION: Line A. Leader at right. Hands joined and down.

PART I. A. In place, put right foot to right, then bend right knee. Step on left foot, then bend left knee. Point with right foot forward once, behind once, at the side of left foot twice. This entire combination is done 4 times.

B. Right foot steps to the right, then right knee is bent. Left foot crosses behind right, then left knee is bent. Right foot steps to side of left foot, then right knee is bent. Then jump on both closed feet; then jump on left foot, right foot in air. This combination is done four times.

PART II. A. Repeat I A

B. All turn to right side and move forward. Right foot steps forward then right knee is bent. Then left foot steps forward, then left knee is bent; two light running steps (right, left). Then light jump on closed feet; then jump on left foot. This is done 4 times.

PART III. A. Repeat Part I. A

B. Same as Part I B but at the end, the jump on both closed feet is done with a turn to right side, the jump on left foot with a turn back to front position. This is done 4 times.

Repeat Part I.

Dance Notation by Dvora Lapson, Dance Director, Jewish Education Committee, New York City.