

R'KOD HA'TALYIM - Dance of The Flocks
(Bimtsaltayim)
Israeli - Circle Mixer

Record: Folkraft 1106

Formation: Circle of cpls.

Starting Position: Ptrs facing, M's back to ctr, W rests her hands
on top of ptr's open palms.

MUSIC A

Meas. FIGURE I

- 1-2 Circle CW once around with eight running steps.
3-4 Circle CCW once around with eight running steps to place.

MUSIC B FIGURE II

- 1 Stoop, facing ptr. On syncopated note, clap with ptr,
R hands, L hands, R hands, L hands, rising higher and
shouting "Ha" with each clap.
2 Repeat "clapping" pattern, R, L, R, L, bending lower,
returning to stoop pos, and shouting "Ho" with each clap.
3 Ptrs place palms together, rise to stand pushing against
each other's palms, extend arms upward shouting "Hey,"
then bring hands down sharply.

MUSIC C FIGURE III

- 1 Cpls in original starting pos. Starting with M's L and W's
R ft, step sdwd to M's L (ct 1), draw free ft to other ft with-
out transferring wt and bend both knees (ct 2). Step sdwd
to M's R (ct 3), draw free ft to other ft without transferring
wt and bend both knees (ct 4).
2 M repeats pattern of meas. 1 in place, waiting to receive
new ptr, while W progresses to the M on her R with two side-
steps to the R (step sdwd R with R ft (ct 1), close L to R and
bend both knees (ct 2), and repeat (cts 3,4)).

Repeat entire dance with new ptr.

Dance description by Olga Kulbitsky, Hunter College of the
City of New York. Abbreviations added to fit U.O.P. syllabus
format.

Presented by Vyts Beliajus