

Ashrei Ha'Ish

(Israel)

Ashrei Ha'Ish, meaning "blessed be the man," was choreographed by Dani Dassa to music by Uri Shevach.

Pronunciation: ash-RAY hah-EESH

Cassette: D. Edery—Israeli Folk Dances Side A/5

4/4 meter

Formation: Circle, hands joined in V-pos.

Counts

Pattern

PART I

- 1-2 Facing ctr and moving CCW, step on R to R; small jump on both ft; hold.
- 3-4 Step on L behind R on balls of ft; step on R in place.
- 5-8 Repeat cts 1-4 with opp ftwk and direction.
- 9-10 Step on R to R; hold.
- 11-12 Step on L to L; step on R to R.
- 13-16 Step on L across R; step on R to R; step on L across R; hold.
- 17-24 Repeat cts 1-8.
- 25-28 Step on R to R; hold; step on L across R; cross hands in front, snap.
- 29-32 Repeat 25-28.
- 33-64 Repeat 1-32.

PART II

- 1-4 Facing ctr with hands joined, step on R to R; hold; step on L behind R and turn L to face CW.
- 5-6 Step R, L CW.
- 7-8 Step on R and pivot 3/4 turn to L (CCW), end facing ctr, rejoin hands.
- 9-16 Yemenite step L; Yemenite step R.
- 17-32 Repeat cts 1-16 with opp ftwk and direction.

PART III

- 1-4 Facing CW, hands free, raise R hand to ctr, palm facing out and fwd, elbow bent, R shldr slightly to ctr, step on R to R (into ctr); step on L next to R; step on R to R; hold.
- 5-7 Step on L across in front of R; step on R to R; step on L across in front of R continuing to move into ctr.
- 8 Pivot 1/4 to L (CCW) on L to face outside.
- 9-11 Step fwd and away from ctr R, L, R.
- 12 Pivot 1/2 to L (CCW) on R, end facing ctr.
- 13-16 Yemenite bkwd with L.
- 17-32 Repeat cts 1-16.

Interlude

- 1-4 Facing ctr, hands joined, step on R to R; hold; step on L next to R; hold.

Ashrei Ha'Eish—continued

Note: During the last time of the music, repeat entire Part III one more time, then do the ending instead of the interlude.

Ending

- 1-8 Repeat Fig I, cts 1-8.
9-10 Step on L next to R; hold.

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