

BA'AH MENUCHA

(Israeli Circle Dance)

TRANSLATION: The Worker Got a Rest
SOURCE: Moshe Ashkenazi (Mussa)
FORMATION: Circle in a simple hold, face LOD (CCW)
MUSIC: Israeli Folk Dances: Old Favorites YEDI

METER: 4/4

PATTERN

Meas Count

Part A - (face LOD - CCW)

- 1 1-4 4 Steps forward. R, L, R, L
2 1-2 Step R across L
3-4 Step L across R
3 1 Step R across L. moving toward the center
2 Step L to L, L remains behind R
3 Step R across L, moving toward the center
4 Hold
4 1-4 Repeat Meas. 3. Part A, opposite footwork and direction
5-8 Repeat Meas. 1-4, Part A

Part B (face center)

- 1 1 Sway R to R
2 Hold
3 Sway L to L
4 Hold
2 1-4 Side Two-Step to R: Step R to R, close L beside R, step R to R and hold
3-4 Repeat Meas. 1-2. Part B. opposite footwork and direction
5 1 Step R to R
2 Touch L behind R
3 Step L to L
4 Touch R behind L
6 1-3 3 Step turn to R - R, L, R
4 Close L beside R
7-8 Repeat Meas. 5-6, Part B, opposite footwork and direction

Part C (face center)

- 1 1-2 2 Steps Fwd. R, L
3 Step R Fwd. while bending knees and raising arms
4 Step L back
2 1-4 Repeat Meas. 1, Part C, reverse direction
3-4 1-6 Double Tcherkessia with R
7 Close R beside L
8 Hold
5-8 Repeat Meas. 1-4, Part C

Presented by Ya'akov Eden at the Laguna Folkdancers Festival 200