

BA'AH MENUCHAH
Circle Dance

Translation: The Worker Got a Rest
Dance: Moshe Ashkenazi (Mussa)
Meter: 4/4
Formation: Circle in a simple hold, face LOD (CCW)

Measures	Counts	Description
		<u>Part A - (face LOD - CCW) "V pos"</u>
1	1-4	4 Steps fwd. R, L, R, L
2	1-2	Cross R over L
	3-4	Cross L over R
3	1	Cross R over L, moving toward the center
	2	Step L to L, L remains behind R
	3	Cross R over L, moving toward the center
	4	Hold
4	1-4	Repeat Meas. 3, Part A, reverse footwork and direction
5-8		Repeat Meas. 1-4, Part A
		<u>Part B - (face center) "T pos"</u>
1	1	Sway R to R
	2	Hold
	3	Sway L to L
	4	Hold
2	1-4	Sideway two-step R to R, step R to R close L beside R, ^{sway} step R to R and hold
3-4		Repeat Meas. 1-2, Part B, reverse footwork and direction
5	1	Step R to R
	2	Touch L behind R (tip of toe)
	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, reverse footwork and direction
		<u>Part C - (face center) "V pos"</u>
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 w/R
	7	Close R beside L
	8	Hold
5-8		Repeat Meas. 1-4, Part C

high overhead with slightly bent elbows
raising arms again on ct 3

- Yalakov Eden