

BA'AH MENUCHA
(Israel)

SOURCE: TRANSLATION: The Worker Got a Rest. Dance by Moshe Ashkenazi
(Mussa)

MUSIC:

FORMATION: Circle in a simple hold facing LOD (CCW)

METER: 4/4

PATTERN

Meas	Ct	
		<u>PART A - FACE LOD-CCW</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 twd the ctr
	2	Cross L to L, L remains behind R
	3	Cross R over L, moving twd the ctr
	4	Hold
4	1-4	Repeat meas 3, Part A, reverse ftwk and direction
5-8		Repeat meas 1-4, Part A
		<u>PART B - FACE CTR</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, step R to R and hold
3-4		Repeat meas 1-2, Part B, reverse ftwk 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, reverse ftwk and direction

Continued...

BA'AH MENUCHA (Cont'd)

Meas Ct

PART C

- 1 1-2 2 steps fwd, R, L
 3 Step R fwd while bending knees and raising arms
 4 Step L bk
- 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
 Idyllwild Conference, 1981

BA'AH MENUCHA

- 32 Pronunciation: Bah-ah Meh-new-chah
 Record: Blue Star 1981, Side A, Band 4
 Formation: Hand hold is in "V" pos.
- 33 Part C, meas 1, ct 4, add to end: ,lower arms
 Meas 2, add to end: Raise and lower arms again
 Meas 3-4, double Tcherkessia is as follows: Step R across
 L (ct 1), step L back in place (ct 2), step L in place
 (ct 3); step L across R (ct 1), step R back in place
 (ct 2), step L in place (ct 3).