

BANOT ALENA
(Israel)

A men's dance, this was introduced by Dani Dassa at the Statewide Festival Institute at Santa Monica, 1963. The music is a Shepherd's Love Song, "Daltona", sung commonly all over the Middle East.

- RECORD: Authentic Israeli Folk Dances presented by Brandeis Camp Institute, side 1, band 3.
- FORMATION: No ptrs necessary. Dancers in a line facing ctr, hands held shoulder height, elbows bent.
- STYLE: All action is very sharp and vigorous.

Music 4/8	Pattern
Meas.	INTRODUCTION 8 MEAS.
A	I.
1	Step swd to R on R, extending L ft to L with toe almost touching floor (cts 1-2); step on L behind R (cts 3-4).
2	Step swd to R on R (cts 1-2); bending fwd diag twd R, stamp L without wt, across in front of R (cts 3-4).
3	Straightening body, step swd to L on L (cts 1-2); swing R across in front of L, body leaning slightly back to R (ct 3) chug in place on L while extending R toe in to a sharp downward point (ct 4). NOTE: R toe does not touch floor during ct 4.
4-12	Repeat action of FIG I, meas 1-3, three times more.
B	II.
13	Facing ctr, step fwd on R (cts 1-2); place L heel fwd on floor (cts 3-4), leaning back.
14	Going into a deep knee bend, jump onto both feet, <u>R crossed in front of L</u> (cts 1-2); rise with a strong chug on L, at the same time extending R sharply fwd low but off the floor (cts 3-4).
15	Step bwd onto R, bending body slightly fwd (cts 1-2); step on L next to R, straightening body (cts 3-4). A slight hop, or heel lift <u>may</u> be made on ct 2. A slight flex of the knees <u>should</u> be made on ct 4.
16	Step swd to R on R (cts 1-2); step on L next to R (cts 3-4). Again, a slight hop, or heel lift <u>may</u> be made on ct 2. A slight flex of the knees <u>should</u> be made on ct 4.
17-20	Repeat action of FIG II, meas 13-16.
	Repeat whole dance.