

BAT HACARMEL

"Daughter of Mount Carmel"
(Israel)

RECORD: "Folk Dance in Israel Today", Collectors Guild, CG - 638,
Side 1, Band 5.

FORMATION: Couples in a circle, M with his back to the center and facing W. R hands are held, L arm is down and slightly out from the side.

MUSIC 4/4

PATTERN

Meas.

Steps.

1-2

INTRODUCTION.

FIGURE I

1 Step on R to R (ct 1). Step on L behind and to the L of R ft (ct 2). Touch R heel (ct 3). Hop on L ft (ct 4).

2 Ptrs change places with 4 walking steps, moving CW - R,L,R,L (cts 1-4). On the 4th step release hands.

3 Ptrs circle CW, facing each other until M faces LOD, and W faces RIOD. with small steps, step on R in frt of L (ct 1), step on L to L (ct 2), repeat steps (cts 3-4). On 4th step W pivots CW on L so that now both M and W face LOD

4 M and W step bwd on R ft (ct 1). W steps slightly to L and M steps slightly fwd on L (ct 2). Both close R ft to L (ct 3) and hold (ct 4). Finish in dance pos as shown in illustration # 1 and facing in LOD.



FIGURE II

5 Repeat Fig. I, Meas. 1, cts 1-4.

6 walk 4 steps fwd in LOD - R,L,R,L (ct 1-4).

7 Cpls turn CCW to face out of circle - R,L,R,L (cts 1-4). M turns almost in place, W moves in a larger circle.

8 Release hds. M steps on R almost in place (ct 1), steps on L to L (ct 2) closes R to L (ct 3), holds (ct 4), to finish with back twd ctr. W continues her circle with: step fwd on R (ct 1), step bwd on L turning to face ctr of circle (ct 2), close R to L (ct 3), and hold (ct 4). On last ct ptrs are facing, hands are held as in illustration # 2.



continued... #2

Bat Hacarmel, cont'd.

Meas.

Steps

FIGURE III

L to L

- 9 M steps on R in frt of L in LOD (cts 1-2). Heads are brought together in frt and between ptrs. M steps on L to R, hands are held apart (cts 3-4). W also moves in LOD, with opp ftwk, same hand movements. R to front of L
- 10 Repeat action of meas. 9, cts 1-4.
- 11 M starts to circle CCW - L,R (cts 1-4). W starts a CW circle with opp ftwk (cts 1-4).
- 12 M finishes circle by stepping on L (cts 1-2), closing R to L without taking wt (cts 3-4). W finishes her circle with opp ftwk (cts 1-4). Hands are once again held as in meas. 9.
- 13-16 Repeat actions of meas. 9-12 in RIOD with opp ftwk. In last ct hands are held as in beginning of dance. Illustration # 3.

Repeat dance three more times (4 times in all).

Taught by Dani Dassa.

Federation Institute
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Final, as well as starting
position of dance.