

CHALOM NIFLAH

(Israel Couple Dance)

SOURCE: Ya'akov Levi
TRANSLATION: Wonderful Dream
PRONUNCIATION: Chah-LOM Neef-LAH
MUSIC: Israeli Folk Dances: Old Favorites YEDI
FORMATION: Cpls in Varsuvienne pos, facing LOD-CCW

METER: 4/4

PATTERN

Meas

Part A

- 1 Step R to R with bent knee (ct 1); shift wt. back to L (ct 2); touch R heel fwd and hold (cts 3,4)
- 2 Touch R heel to R (ct 1); touch R heel fwd (ct 2); bend L knee (ct 3); leap R fwd (ct 4)
- 3 2 slow steps fwd L,R, bending active knee after each step (cts 1-4)
- 4 L Yemenite (cts 1-4)
- 5-16 Rpt meas 1-4, Part A, 3 more times
- 17 Step R fwd turning L to face ctr (cts 1,2); arms go over W's head and extend to the R; shift wt back to the L, end facing RLOD (cts 3,4)
- 18 Repeat ftwk of meas 17 cts 1-4; end facing LOD.

Part B (Promenade Position)

- 1 Slow step R diag to R (cts 1,2); slow step L diag to L (Cts 3,4)
- 2 Two-step fwd starting with R (Cts 1-4)
- 3-4 Rpt meas 1, Part B, reversing footwork
- 5 Rpt meas 1, Part B
- 6 Tcherkessia step with R (Cts 1-4)
- 7-8 Rpt. meas 17-18, Part A
- 9-16 Rpt meas 1-8, Part B

Interlude

- 1-2 2 Yemenite steps R,L
- 3 2 slow steps fwd R,L, bend active knee with ea step (Cts 1-4)