

Heye Chazak

Israel

Translation: Be strong

Pronunciation: hey-YEH chah-ZAHK

Dance: Gadi Biton

Music/Lyrics: Boaz Sharabi/Ehud Manor

Formation: Circle.

METER: 4/4

PATTERN

Cts.

INTRODUCTION:

PART I - Face CCW.

- 1-4 3 steps fwd R,L,R; brush L fwd.
- 5-6 Rock L fwd; R bwd.
- 7-8 Face center and step fwd on L; hold.
- 9-12 Cross R over L while snapping fingers; hold; cross L over R while snapping fingers; hold.
- 13-16 Rock fwd on R; back on L; step back on R pivoting to R to make 3/4 turn and face CW.
- 17-20 3 steps bwd L,R,L; hold.
- 21-24 R to R (twd center) extending arms to sides; hold; cross L over R snapping fingers with hands crossed; hold.
- 25-28 Sway R; 3/4 turn to L with L,R moving out of circle (sway and turn)
- 29-32 Face center. Yem. L bwd ending with L over R (L bwd, R to R, L over R)
- 33-64 Rpt. Part I

PART II - Face center.

- 1-4 R to R; close L to R; R to R and pivot on R to R making 1/2 turn to R to face out of center.
- 5-8 L to L; close R to L; step L to L and pivot on L to R making 3/4 turn to face CCW.
- 9-12 Rock fwd on R; bwd on L; step bwd on R; hold.
- 13-16 Yem. L bwd.
- 17-20 Cross R over L (twd center), L to L; cross R behind L; hold.
- 21-24 Yem. L.
- 25-28 Full turn to R with R,L,R moving out of center; hold.
- 29-32 Face CCW: step L fwd; R bwd in place turning to face center; pivot on L to L making a full turn to end facing center.
- 33-64 Rpt. part II

Instructions notated by Ruth Goodman.

Presented by Yoni Carr
Camp Hess Kramer Institute
October 12-14, 2001