

HINEH MA TOV  
(hee-NAY ma-TOV)

An Israeli Circle or Line dance by Rivkah Sturman, Israel.

## FORMATION-

Closed circle OR Open circle with leader at right, no partners.

## STARTING POSITION-

Hands joined with arms extended straight downward. In Line, all face right; in circle, face counterclockwise. Right foot free.

## Music 2/4

## MEASURES

Introduction - 4 measures.

## Music A

CHORUS  
(progressing counterclockwise)

- 1 - 2 FOUR STEPS FORWARD, starting with the Right foot, bending and straightening knee with each step.  
Step forward on Right foot (count 1), Bend and straighten right knee (and), Step forward on Left foot (2), Bend and straighten left knee (and) and Repeat, Right, Left (1 and; 2 and).
- 3 - 4 EIGHT RUNNING STEPS FORWARD, progressing counterclockwise.
- 5 - 8 REPEAT PATTERN OF MEASURES 1-4.

## Music B

Figure I  
(facing center)

- 1 - 2 STEP SIDEWARD RIGHT on Right foot (counts 1 and), STEP BACKWARD ON LEFT FOOT, bending knees (2), CLOSE AND STEP ON RIGHT FOOT beside Left, straightening knees (and), STEP FORWARD ON LEFT FOOT (1 and), STEP ON RIGHT FOOT BESIDE LEFT, bending and straightening knees (2 and).
- 3 BASIC "YEMENITE" STEP RIGHT.  
Step sideward right on Right foot, bending right knee (count 1), Step on ball of Left foot, beside or slightly behind Right foot (and), Cross and Step on Right foot in front of Left (2 and).
- 4 BASIC "YEMENITE" STEP LEFT.  
Step sideward left on Left foot, bending left knee (count 1), Step on ball of Right foot, beside or slightly behind Left foot (and), Cross and Step on Left foot in front of Right (2 and).
- 5 - 8 REPEAT PATTERN OF MEASURES 1-4.

## Music A

## CHORUS

- 1 - 8 REPEAT CHORUS.

## Music C

## Figure II

- 1 - 2 EIGHT RUNNING STEPS FORWARD, starting with the Right foot, CLOSING CIRCLE.  
Close the open circle, running forward toward center to form a compact circle with dancers close together, all hands joined with arms extended downward.
- 3 - 4 TWO BASIC "YEMENITE" STEPS, RIGHT, LEFT.
- 5 - 6 EIGHT RUNNING STEPS BACKWARD, starting with Right foot, OPENING CIRCLE or expanding closed circle.
- 7 - 8 TWO BASIC "YEMENITE" STEPS, RIGHT, LEFT.
- 1 - 8 REPEAT PATTERN OF MEASURES 1-8, closing and opening circle.  
Repeat entire dance starting with Chorus.

Ending (2 measures)

- 1 - 2 Same as Figure I, measures 1-2, finishing with joined hands raised.

Hineh Ma Tov - How Good and Pleasant.

"How good and pleasant it is for brothers to dwell together."