

Presented by Carolyn Mitchill

HINEH MA TOV

(Israel)

A popular line dance of Israel. The steps and the music have been influenced by the Yemenites.

SOURCE: Dvora Lapson, New York City, and Beth Fawkes, Chicago

MUSIC: Folk Dancer, MH 1091, 4/4 time.

STEPS: Step-bend, running, Yemenite three-step

Introduction: 2 measures

FORMATION: Single line or circle formation with hands joined and down

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Music 4/4

Pattern

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Meas.

2      INTRODUCTION

1-2      I. Starting R ft, move CCW, facing LOD, hands down and joined, with 4 step-bend steps. (Step-bend: Step (ct 1), bend both knees slightly (ct 2)).

3-4      Continue in CCW direction with 8 running steps (1 ct each).

1-4      Repeat action of meas 1-4, Fig. I.

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5      II, Meas 5, Stamp R turning to center of circle.

6      Step fwd L (ct 1), hold (ct 2), tap R ft beside L (ct 3), hold (ct 4).

7      Do a Yemenite 3 step: Step R with R (ct 1); step L (ct 2), step R across L (ct 3), hold (ct 4). The feet do not close on this step.

8      Repeat Yemenite 3 step beginning on L ft.

NOTE: Do not turn on the Yemenite 3 steps, keep facing into center of circle.

5-8      Repeat action of meas 5-8, Fig. II.

The dance is repeated five times, and finishes with a simple bow.