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HCRA BIALIK

DANCE: Yoav Ashriel  
MUSIC: Chassidic Folk Melody  
RECORD: Dancecraft LP 123301, Side B, Band 3

FORMATION: Open circle, hands joined and held down.

FIGURE I Face centre of circle. A forward and backward rocking motion is used throughout Figure I.  
1- 2 Step bend on L ft. slightly crossing over R ft. Body is slightly bent fwd.  
3- 4 Step bend on R ft. to R side, straightening body.  
5-20 Repeat counts 1-4, four more times.

FIGURE II Move C.C.W.  
1- 3 Three stamps fwd. beginning with L ft. Body is slightly bent fwd.  
4 Hold  
5 Stamp on R ft. to the R side, turning to face centre of circle. Straighten body.  
6 Cross L ft. behind R ft.  
7 Stamp on R ft. to R side.  
8 Hold  
9-16 Repeat counts 1-8.

FIGURE III Box Step  
1- 4 Two step bends beginning with L ft. Move towards centre of circle.  
5- 8 Knees are relaxed. Turn slightly to R. Cross L ft. over R ft. moving to R (Count 5)  
Step on R ft. to R side (Count 6)  
Cross L ft. over R ft. (Count 7)  
Hold. (Count 8)  
9-12 Two step bends beginning with R ft. moving bkwd out of circle.  
13-16 Same as counts 5-8 (opposite feet, moving to L, and turning slightly to L).  
17-32 Repeat Figure III

Presented by Ruth Browns