

Lecha Dodi (Israel)

Lecha Dodi (lekh-HAH doh-DEE) translates as "To You, My Beloved." Shlomo Bachar choreographed the dance and presented it at the 1990 University of the Pacific Folk Dance Camp.

CASSETTE: Shlomo Bachar 1990 Side A/7.

4/4 meter

FORMATION: Dancers in a closed circle, hands joined in "V" pos.

STEPS: Yemenite*, mayim*. Take wt on all stamps.
Hands are joined whenever feasible.

*Described in the Israeli Glossary of Steps and Styling, published by the Folk Dance Federation of California, Inc.

MUSIC	4/4 meter	PATTERN
-------	-----------	---------

Measures

4 meas: INTRODUCTION No action. Beg with vocal.

PATTERN

- 1 Step on R ft to R (ct 1); step on L beside R and begin CW turn (ct 2); step on R to R making a ½ turn CW to face out (ct 3); hop on R (ct 4).
- 2 Repeat meas 1 with opp ftwk and direction but omit the turn to remain facing out of circle.
- 3 Yemenite R (cts 1,2,3); hold (ct 4).
- 4 Step on L ft twd LOD and begin CCW turn (ct 1); step on R toward LOD and complete ½ turn CCW to face ctr (ct 2); step L across in front of R (ct 3); hold (ct 4).
- 5 Stamp on R ft with a big step to R (ct 1); hop on R and extend L leg to L with straight leg (ct 2); step L behind R (ct 3); step on R to R (ct 4).
- 6 Repeat meas 5 with opp ftwk and direction.
- 7 Dance mayim step in RLOD. Begin with R ft across in front of L.
- 8 Step on R ft across in front of L (ct 1); step in place on L (ct 2); turn once CW with R,L while moving LOD to end facing ctr (cts 3,4).
- 9 Moving LOD, leap onto R ft (ct 1); step on L across in front of R (ct 2); repeat cts 1,2 (cts 3,4).
- 10 Facing ctr, step on R ft in place (ct 1); step on ball of L ft beside R (ct &); step on R in place (ct 2); repeat cts 1,&,2 with opp ftwk (cts 3,&,4). Shldr shake may accompany all steps.

Lecha Dodi (pg 2)

- 11 Run to ctr with R,L,R (cts 1,2,3); hop on R ft and turn $\frac{1}{2}$ CW with L leg extended with straight leg (ct 4).
- 12 Repeat meas 11 with opp ftwk and direction, moving out of circle.
- 13 Facing ctr, step to R side on R ft and swing hips to R (ct 1); repeat ct 1 to L side with opp ftwk and direction (ct 2); repeat cts 1,2 (cts 3,4); step on R ft to R (ct 5); step on L ft across in front of R (ct 6).
NOTE: Meas 13 is an extended meas with 6 cts.

DANCE SEQUENCE: Dance pattern as written 5 times total.

© Folk Dance Federation of California, Inc. February 1991