

TSLIL ZUGIM (Shepherd Dance)

Dance: Meir Ovadya
Music: Zamir

Formation: Circle, face center of circle, all join hands.

PART ONE

1-4 : Yem R
 5-8 : Yem L
 9-11 : Yem R
 12 : L to left side
 13 : R crosses in front of L
 14-15 : Repeat 12-13
 16 : Hold
 17-32 : Reverse 1-16, start L
 33-64 : Repeat 1-32

PART TWO

1-5 : Release hands. Five steps bwd
 RLRLR, bend down and clap on
 each step
 6 : Leap fwd L, raise hands and
 snap fingers
 7 : Run fwd R
 8-9 : Repeat 6-7
 10 : Leap fwd L, snap fingers
 11-40: Repeat 1-10 three more times.

Side One - 3

LAMNATSEACH (To the Victor)

Dance: Yaacov Levy
Music: SeltzerFormation: Couples in circle, face CCW, girl in front of man.
All join hands at shoulder level. Same foot for both.PART ONE

1-2 : Step-bend R fwd
 3-4 : Step-bend L fwd
 5 : R fwd
 6 : L fwd
 7 : R fwd
 8 : Hold
 9-16 : Repeat 1-16, start L
 17-32 : Repeat 1-16
 33-40 : 4 step-bend fwd RLRL, clap after each step. On last
 step girl 1/2 turn to left side, partners face each
 other.

(continued on next page)

PART TWO

- 1-2 : R to right side
3-4 : L to left side
5-8 : Yem R
9-16 : Reverse 1-8, start L
Link right arms with partner, extend behind each other's back.
Left arm down. In this position move CW.
17-32 : Repeat 1-16 PART ONE. Turn 1 1/2 times around. On last 4
counts partners release arms, girl ends up behind her partner.
Each time she changes partners.

Side One - 4

BEIN N'HAR PRAT (Un'har Chidekel) Dance: Yaacov Levy
(Between the Tigris and Euphrates) Music: Folk

Formation: Couples. Face forward (usually where music is). Girl on
man's right side. Man's right arm is on girl's right shoulder.
Join left arms in front. Both same foot.

PART ONE

- 1-2 : 2 steps fwd RL
3 : R bwd
4 : Lift and bend L fwd
5 : L to left side
6-8 : Yem R
9-12 : Four steps in place,
from side to side LRLR
13 : L fwd
14 : R bwd, bend knee
15 : L fwd, bend knee
16 : Stretch left knee. Lift
R fwd with bent knee.
17-32 : Repeat 1-16

PART TWO

- 1 : R crosses in front of L
2 : Close L to R
3 : R fwd
4 : Hold
5 : L crosses behind R
6 : R to right side
7 : L crosses in front of R
8 : Hold
9-16: Release hands. Move away
from each other with 2 Yem
steps fwd. At the same time
walking own little circle.
Girl to right side, man to
left. Meet again to start
dance.